

Grass Roots

Craft and self-sufficiency

For down to earth people

May

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New Zealand Edition

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APRIL 1990

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Organic Retailing

•
Calligraphy

•
Quick Mudbrick

•
Olives

•
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•
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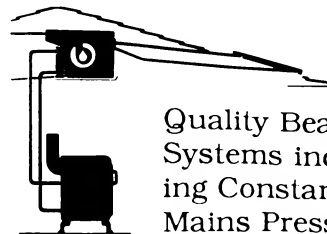
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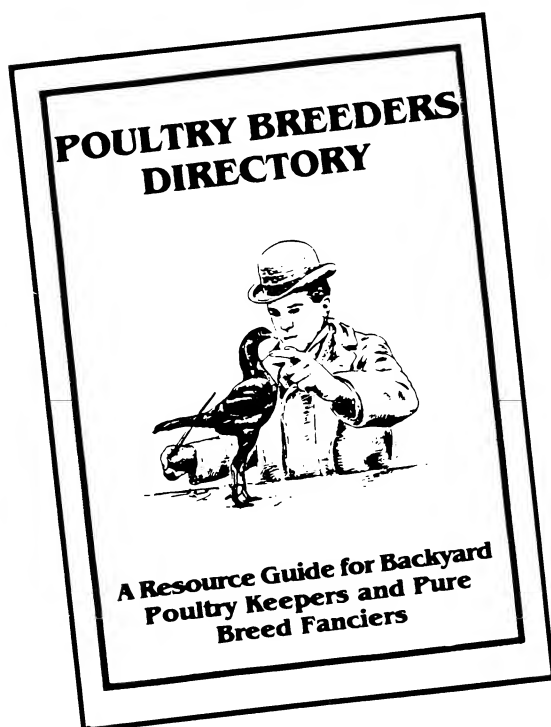
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POULTRY BREEDERS DIRECTORY

The directory describes the pure breeds currently being kept in Australia and lists the breeders who keep them. It mentions breeds that are popular and those that are rare or at risk from lack of support. Whether your interest be in turkeys, fowl, ducks, geese, peafowl, pheasants or guinea fowl, this book is a must.

* The Poultry Breeders Directory costs \$5.00 and is available from: Night Owl Publishers
PO Box 242 Euroa 3666, AUSTRALIA





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Front Cover: Harvest time in the suburbs. Anne and Colin Oberin and their four children live happily in one of Melbourne's outer suburbs. The family enjoy gardening, share fowls with a neighbour, keep rabbits for the children and find they have time to enjoy much of the culture that is available in a large city. You can find urban life satisfying and enriching – turn to page 12 for their story 'Live the Rat Race at Your Own Pace'.

Back Cover: Australian grass trees are instantly identifiable by their blackened knobby trunks, crown of foliage and imposing spears. Specimens like these are well over one hundred years old. Judy Sims has grass trees growing on her property near Mudgee and suggests that if stock are likely to cause permanent damage then it is worth removing trees to another location. See Judy's story on page 25.

Distributed by Gordon and Gotch.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I have been a keen reader of *Grass Roots* for many years and enjoy it very much. I would like to ask for some help about a couple of things. In Ulverstone, Tas (where I was married) my husband and I lived with an old lady who used to make up a BASE FOR A HOT DRINK with brandy, treacle and I don't know what else. They were all mixed together and spread on a tray and put in the oven until it was brown and dried (just like tea leaves). When cooled it was stored in a jar and used the same way as tea, with or without milk. Does anyone know the recipe for this?

Secondly, could any reader tell me how to make NEWSPAPER LOGS for an open fire, by wetting the paper and rolling up? I would like to know how to do it right and how to dry it. Many thanks.

**Norma Jones
'Journeys End'
Fitzroy St
BARRABA 2347.**

Dear Grass Roots People,

I would love to hear from people who are LIVING IN COMMUNES, or who have been. This is a lifestyle I am considering and it would be good to hear about the pluses and minuses (unavoidable I imagine in any community) of life in a commune.

Also I am being invaded by neighbours' cats and I want to discourage them as they frighten away the native birds – any inexpensive suggestions? And any suggestions for getting rid of a plum tree, glorious when in blossom but awful plums which no-one likes. Apart from chopping it down, is there any non deadly chemical way of discouraging it from fruiting? Would also like to know of a fruit fly bait, since I do not like using sprays. Looking forward to hearing from anyone who can help.

**Jenny Drew
PO Box 493
ARMIDALE 2350.**



Edited by Megg Miller and Kath Harper.

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Advertising enquiries ph: 057-947-256.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of *Grass Roots*. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

The publishers and staff of *Grass Roots* take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by the many contributors.

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Dear Friends,

Compassion and 'humane-ness' is part of the ethic upon which a village style HEALTH AND ENVIRONMENT CENTRE is being founded. The centre would satisfy those whose standards are not easily met and invites mature members (any age!) who seek a lifestyle with purpose and meaning to join and/or support the venture. Some of the basics include: sustainable farming practices such as organic, plant-based polyculture, green manuring, rock-dust fertilising (the Earth's natural remineralising process); non-exploitation of resources/animals/environment; protection of wilderness/wildlife and humane treatment of animals; principles of the Natural Hygiene Society (whose simple rules for perfect health have been unchallenged and unchanged for 150 years!); continuing, professional health care in old age; a Youth Involvement Program (YIP) – supervised by experienced adults in a caring environment, it provides facilities, crafts, healthy lifestyle activities, workshops, hands-on training in survival skills. As part of the exchange, the Program helps service the Village. Thus a valuable energy source (youth) is balanced by an equally valuable, often overlooked resource, maturity – time, patience, wisdom, insight, developed potential, life experience, storytelling! The Youth Involvement Program exposes young people to a 'working model' for simplified living, in tune with Nature's laws, creative, rewarding, yet respecting all life. The project is being financed and developed by participants (although lack of funds does not necessarily limit entry) and there are several areas of involvement. For information: The Society for an Extended Ethic (Aust), PO Box 237, Armidale 2350.

**Joy Wilton-Hill
Aberfoyle
Via ARMIDALE 2350.**

Dear Readers,

Hello again after a few years absence. Well, Cairns has gone crazy with developers. Land or a house is a pipe-dream, so I've decided if I ever want to own my own place I'll have to move. I and my 3½ year old daughter will now try to find somewhere around the GYMPIE-NAMBOUR AREA. Can \$50,000 buy a livable house with some land, not underwater, with phone, electricity, water and close to town? I want to grow some ducks again. Also I want to find out about schooling – is there a Steiner school in this area? I would be very happy if you would like to write to me from down there, because the prospect of going to a new place with no contacts seems very daunting to me. Best wishes to all, and hope to hear from you soon.

**Christine
473 Draper St
CAIRNS 4870.**

Dear Folks,

Here's a neat do-it-yourself idea for BIRTH ANNOUNCEMENTS and gift thankys. You need clear plastic adhesive sheet ('Contact'), black or coloured paper or card and baby powder. Powder baby's foot (or hand, but that's trickier) and press against the sticky plastic to pick up a footprint. It will show up better when you stick it onto the background and make up the card. Ordinary pencil looks silver when you write on black paper so you get a really classy result for very little. Make sure you include baby's name and age and it makes a great keepsake. Peace and happiness.

**Penny
RMB 254
MANJIMUP 6258.**

APOLOGY

In GR 71 (February 1989) we printed a letter from Sophia Andrea, in which she attributed certain comments and attitudes to the 'former Shire President of Kyogle'. We were unaware of the identity of the person referred to and did not intend any reflection on his position and good character. We therefore offer our unreserved apologies to Mr David Lovell, former president of Kyogle Shire Council, for any embarrassment or suffering resulting from the publication of this letter and regret any problems or difficulties caused to him by its inclusion in Grass Roots.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

I have been an Outreach Youth Worker for the past 15 years in places such as Kings Cross, St Kilda, Fortitude Valley, Hindley Street and the Gold Coast. During that time I have had the unpleasant task of burying 260 teenagers, mostly as a result of drug overdose – principally heroin – the odd suicide, a few motor vehicle accidents and one 10 year old from substance sniffing. My heart is totally shattered by this senseless waste of a precious life. My capacity to give until I can give no more and to walk another mile (or should that be 1.61 kms) together with my faith of the God within sustains me in this lifetime work.

There are 50,000 people aged 15-25 who for various reasons have no permanent home in this country. In round figures there are 5000 beds available in the 'refuge' system. Because of the demand for beds many of these refuges have been and will continue to be declassified to 'crisis' centres which means a bed and a feed for 7 days then move on thank you. But where do they move to? Back to the alleys and gutters of Kings Cross, sticking needles in their arms, breaking and entering to survive. There has got to be a better way.

So, I quit my job, dropped to my knees and spent a lot of time in the wilderness. I have been given a vision to establish a MODEL FARM FOR YOUNG PEOPLE, a self-help residential project which will be a registered charitable trust, offering not only a country-living course but also the following programme: Stress management; goal setting; communication skills; self-awareness; self-esteem and character building; creativity; recreation and entertainment.

After a lot of searching I have found 71 acres of organic paradise and have signed a contract to purchase. There is no government money available and so I will need to seek support from people who feel they would like to help. I ask readers to write to me if they would like to become a member of our organisation and I shall send membership forms etc. Plus I would like to receive any encouragement from all who care to write. It is a big step for me but I feel it is something I have to do. I'm organic in my approach to the land and have been all my life. Rodale is my guru. We have 200 fruit trees established, spring water, chook runs, veggie patch and wonderfully landscaped gardens. It is an idyllic setting. Hope to take possession in early June 1990. Peace and love to all. Thank you.

D Jones

**Director, Twin Pines Youth Trust
C/- PO
MURWILLUMBAH 2484.**

Hi Everyone,

Firstly thanks to everyone who makes this mag just what it is. I've enjoyed reading it for the last four years and always look forward to the next issue. Conservation is fast becoming a hot issue, with more people all over the world each day becoming aware of consequences of current practices and learning about alternatives. It's taken a long time for this to happen and it will be exciting watching various plans materialise as we all do our own little bit.

Thank you Anne Oberin for sharing your HOMEBIRTH experience. My first child was born 5 months ago at home and it was a wholesome, peaceful, rewarding experience. Hospitals have an 80 percent episiotomy rate while for homebirth it is just 20 percent. That speaks for itself. Sure, the functions of hospitals are greatly needed for some births. They are geared toward intervention and emergencies. That's what they train their staff to do. However, homebirth and natural non-interference need to be promoted so that this option becomes available for more and more women as a safe alternative. It is indeed unfortunate that as yet there is no rebate for homebirth, but I gladly paid the bill for my own happiness and the glowing health of my baby. If people don't know how to find a homebirth midwife may I suggest that they try the Nursing Mothers Association (NMA) or Mothers and Midwives Action (MAMA). Good luck and peace to all.

**L Sebastian
C/- 5 Bradley Crt
MORPHETT VALE 5162.**

Dear Grass Roots Readers,

Does anyone have any information on where to get an OIL PRESS – the kind for making cold-pressed oil out of sunflower seeds, sesame,

etc? I've looked everywhere and not been able to find anything.

Also, I would be grateful for some hints on how to CONTROL ANTS in the kitchen organically. They have suddenly increased to plague proportions and I don't know what to do with them.

I'm a dissatisfied 16 year old city dweller, biding my time until I finish my education and move out. I discovered *Grass Roots* about a year ago and now I never miss a copy. Looking forward to hearing from you all.

**Aldona Hamulczyk
16 Monash Cres
SOUTH CLAYTON 3169.**

Dear GR,

For more than 5 years, Gil and I have enjoyed our 15 acre property near Mallala. We now share it with our 2 young children, Rebecca and Michael, as well as an interesting assortment of animals. However as we are in the middle of a large area of farming land, most of which has been owned by the same families for several generations, we have little opportunity to meet people with similar interests. I am a teacher who works at the local school; Gil, a chef by trade, stays home and does all the 'mother' type jobs, as well as milking the cows, building fences etc.

At the age of 35 I became a first time mother, fairly late in life. Now we have completed our family and are looking to the future. For some years I've had a yen to somehow share with more people and have a vision of locating some compatible people and eventually either sharing a property or owning adjacent properties. So far we haven't got past stage 1. The people we like the most don't share our 'country living' interests. The main purpose of this letter is to attempt to locate some new friends who may be interested in some sort of 'sharing' arrangement later. The secondary purpose is to try to find out HOW TO MAKE CHEESE (real, not cottage) as we have lots of milk but still buy cheese at present.

**Meryl Hames
PO Box 79
MALLALA 5502.**

Dear GR Folk,

Following my letter published in GR 74 mentioning an expected June 1989 bicycle tour to complete a RIDE AROUND AUSTRALIA there has been a change that has postponed this for a year. For the time being I have accepted employment with a beekeeper in South Australia to partly finance the outgoings of the 1990 ride. The ride will now begin in June 1990 at Townsville, travelling to Adelaide in the anticlockwise direction. Any suggestions about the complexity of gaining meaningful business sponsorship would still be welcome, as would any offers to stop off and stay overnight along the way. Please note a change in my address. Mail will be sent on from there to South Australia.

**Ken Everett
PO Box 33
Shannon
HOROWHENUA NZ.**

Dear Readers,

I am sure I have the perfect non-harmful DETERRENT FOR TERMITES. I was born and bred in a blackberry bush so to speak and moved to the town as a teenager. On going back for a sticky years later, I saw our house being used as a holiday farm but was surprised to see other houses that had been vacated around the same time as ours, had all been pulled down due to white ant attack. But the amazing thing is all the baills were still going as strong as ever. My theory is that termites don't like cows' pee. So if anyone was willing to experiment I'd bet my boots you'd be on a winner.

A tip for whoever needs it: if you are having trouble sleeping (apart from babies) or have bad dreams, check your food for monosodium glutamate. It's in nearly all packaged food at the supermarket. It's bad news for sleeping and dreaming.

**Joan Hanley
2 Dobson Place
EMU PLAINS 2750.**

Feedback Link-Up Feedback

Dear Grass Roots and Readers,

Firstly, I'd like to congratulate you on a terrific job compiling this magazine and I'd like to tell you a story. I am a guy in my late thirties who had lived in the city most of my life and I can distinctly remember browsing in a book shop in the seventies and picking up a *Grass Roots*. I just flicked through the pages and on spotting a guy or guys with long hair, beads, shoulder bags etc I had immediate thoughts of hippies, drugs and promptly put the mag back on the rack.

Two years ago I chanced upon a caretaker arrangement of a mudbrick dwelling on 300+ acres complete with a library and, you guessed it, a large collection of *Grass Roots* and *Earth Garden* including first issues of both. Well, time had healed those early thoughts I had, so I started reading and I could have kicked myself for virtually judging a book by its cover. Anyway, I have been a regular reader ever since. Living alone like I do I'd APPRECIATE ANY MAIL from anyone and anywhere and possibly a visit or two from GR people after some correspondence. I'd especially make musicians welcome as I enjoy playing guitar and 'blues harp' and there's plenty of room to put your head down after a few ports around the fire-place. Good luck all.

Jeff Cooper
C/- PO

LANDSBOROUGH 3384.

Dear Grass Rooters,

I hope your gardens are going as well as mine. We had a good winter and apart from heaps of weeds the crops are coming on nicely.

Just thought I'd pass on an idea I've used for getting my TOMATO SEEDLINGS going. I planted some seeds in old egg containers, then needed plastic bags to go over them to make mini greenhouses. Plastic bread bags are just the shot; they are long enough to cover the egg container and leave enough to tie at the end. I used pieces of floor board 300 mm x 120 mm (12 x 5 in) and fastened wire hoops to them to keep the bags stretched up off the seedlings. Very simple to make, cheap and effective. Hope this helps some other gardeners. May you all have a good harvest.

Michael Hunt
13 Centenary Rd
STREAKY BAY 5680.

Dear Grass Roots Readers,

Would anybody be able to provide me with directions for obtaining so-called YOGHURT PLANT? It is a culture like the ginger-beer plant and is 'grown' in a bottle. In return, or for anyone interested I can send you some SCARLET RUNNER-BEANS, also called poor-man beans or seven-year beans because the roots stay in the ground for several years and every spring the plant will grow again and provide you with lots of long big beans. It is a profuse climber. If any GR people want to try and grow them I can send you some beans as long as my supply stretches but please send SAE which makes things easier. Happy gardening to you all.

Pip Citroen
RMB 6360
via WODONGA 3691.

Dear Friends,

I would like to start a SURPLUS ORGANIC PRODUCE GROUP in the Northcote-Fairfield-Clifton Hill area in Melbourne. This is how I envisage it working: interested people who grow food organically would meet, say once a week, at a member's home (a different one each week) and bring surplus vegetables, fruits, herbs or seeds to share among members. I think a group of between about 2 and 10 people could function OK. If more people were interested maybe we could split into 2 areas so there was less travelling. Or maybe split according to the type of produce, so that e.g. all the tomato producers weren't in the same group. The aims of the group would be to avoid wasting surplus, and to have access to organic food for only the cost of travelling to a member's home. It could also provide an opportunity to learn from each other, especially about organic growing. If you're interested, please contact me.

I also have some feedback. A letter in GR 74 asked about preventing the spread of KIKUYA GRASS. I have seen rows of lemon grass grown for this purpose as a border around a half a metre wide,

which stopped the kikuya getting into the vegies. I also read in some organic growing newsletter (Org. Growers Assoc. WA?) of someone who kept kikuya out of an orchard by planting comfrey under and around the trees and keeping it well grazed (right down to the ground).

To Louisa Vale (GR 73, p 81) re PREVENTING SUNBURN while swimming: I find zinc cream works better than sunblock 15+ and is fairly waterproof.

Margaret Panter
PO Box 166
CLIFTON HILL 3068.

Dear Megg and Kath,

I thought I read somewhere in your magazine someone complain that the herb COMFREY was classed as a poisonous plant but look as I will I can't find where I read it. I looked up one of my old exercise books where I had made notes re comfrey and pass on my listing of it.

This herb grows to about 1 m (3 1/2 ft). It suits full sun or partial shade and can stand a good deal of moisture. Leaves and roots are used for healing. It is one source of vitamin B12 and contains calcium and other minerals, may be cooked as a spinach if cooked in two waters - I used to cut the spine out of each leaf with a pair of scissors. The root can be dug up and peeled and dried to make the medicinal tea used to cure broken bones, hence the old folk name 'knitbone'. A substance called allantoin can be isolated from comfrey which has drug properties for internal and external disorders. Allantoin is beneficial to skin too. The bruised leaves bandaged over a sprain help to reduce swelling, both root and leaves crushed and boiled are useful for chest coughs, quinsy and whooping coughs.

One of my sons as a child suffered from hay-fever and sinus especially at worry time during exams. I was able to buy an asthma cure of crushed herbs sold in a tin from chemists: one put some on hot coals in a fire shovel - the fumes given off from the herb mixture cleared the bronchial tubes wonderfully and I myself could feel the fresh air effect in the room. Once when I ran out of my supply of crushed herbs I decided to cut off some dried leaves of comfrey from the mother plant. I crushed these in my hands and dropped this onto hot coals, the result was the same as the tin of herbs.

Fresh picked, young leaves can be used in stews or cut up fine and put with other sandwich mixture in the children's lunches. As it does not have a definite taste the children are none the wiser but if they see one adding it they will object for some reason.

Mrs M Barney
PO Box 286
WARWICK 4370.

Dear Folks,

On reading through GR 75 'Round the Market Place' I saw an advert for ALTERNATIVE SEWERAGE SYSTEMS. The ad started off to tell us how much water is flushed down the toilet every year. Not only does Rota-loo not solve the waste of water but also adds a fan and heater to waste electricity. What a way to complicate things. Most septic tanks will serve a large family 5-8 years before they need emptying. The effluent can be used to water trees and gardens and contains good nutrients.

Ken, Vivian & Alison Robertson
11 Wiseman Rd
EDMONTON 4869.

Dear Grass Roots and Readers,

Could anyone please help us with technical and/or practical information or good books regarding BUILDING WITH RAMMED EARTH? We will be shifting onto our land in SE NSW (Tathra area) soon and would especially love to hear from anyone in this area using this technique. We are in a high bushfire risk area and so we would also be open to any advice in this regard.

Also, does anyone have a tried and loved RECIPE FOR HALVA (Lebanese style) please, and also any tips for preserving fruit and vegies without adding sugar? Thank you to all involved for such a great community spirited magazine, it's always inspirational.

Linda, Chris, Lorne & Daisy Lippiatt
1 Lombardy Ave
DROMANA 3936.

Feedback Link-Up Feedback

Dear GR Readers, Megg and David,

Joan and I have enjoyed your company vicariously for years now. The GR style of communication and philosophy of self-reliance is refreshing in a world where too often any contribution to this fragile globe is judged by the bottom line.

We are both sculptors, working in stone (mainly marble), cast bronze and other materials. Our lifestyle is simple and self-sufficient and we work hard at making a living from our art. We also have a commitment to passing on our skills and experience to other artists via a part-time teaching position and an 'open studio'. We are predominantly vegetarians, but occasionally enjoy fish or chicken. We grow our own vegies, do all our own mechanical work and on the weekends enjoy a glass of wine. We are healthy (can't afford to be sick, though sometimes the rest would be lovely . . .) and we don't need drugs as an emotional or artistic crutch. When we relax we enjoy good music of all kinds (but have a love of classical), literature and discussion. All these are high on our list of 'life essentials'.

We believe that there are people who feel much the same about the relationship between their lives and art as we do, artists who need the quiet privacy of the creative studio, yet also enjoy the communication of like minds. They don't have to be visual artists – there must be writers, poets, craftspeople or those who appreciate the company of intelligent creative people. Is there such A COMMUNITY that would welcome two sculptors? Are there people sharing a similar goal? We have much to contribute, both financially and physically towards a community comprised of such people, but are tired of the 'takers' who see our time, skills and equipment existing purely for their convenience. We believe there are talented and willing folk who share our ideas. We are realistic. Nothing is perfect and compromise and co-operation are important for the success of any venture. We would love to hear from you.

Carl Merten and Joan Relke
C/- PO
WYEE 2259.

Dear Grass Roots,

Well I'm about to take a deep breath and plunge into the unknown. After a broken marriage that I'm just recovering from, with two rather confused children (Sarah 7, and Reuben 1), I'm starting afresh with a new determination and newly discovered optimism. I'm going to MOVE TO THE COUNTRY (yay!) i.e. anywhere that isn't Sydney, as I've always wanted but never seemed to have the courage to do. It will have to be renting for a while, but – one day! I'm saving like crazy to have enough to go in a few months.

I would welcome any input from anyone, other single mums or otherwise, on what to do, where to go, how you did it, etc. Anyone who just wants to write and have a nag is more than welcome also. I'm starting a new life, and new friends would be a welcome bonus. Has anyone else noticed how friends avoid you at a time like this? And how people just expect you to crumble, and can't cope with it when you don't?

Anyway, I'd just like to say thank you for a mag that has been my lifeline to my dream for about 4 years now. Peace and happiness to all.

Rhonda Woods
2/61 Colin St
LAKEMBA 2195.

Dear Megg and Readers,

Over the years we have watched the development of the alternative lifestyle movement and been part of it ourselves in the health and healing fields. We did once try to set up a co-operative to manage 3000 acres of Kangaroo Island – probably the only place in the world settled by Europeans without displacing another race – but that fell through because we were all too inexperienced at human relationship generation, and too idealistic. Fortunately, no-one had put a great deal of money into the project, so we in particular came out of it with no more than a few psychological scars.

But that's a long time ago, and we have come a long way since then. We found ourselves, two years ago (Hecate's Cauldron, it seems only last month!) without a really viable alternative to transferring to Loxton, in the Riverland of South Australia, as a 'redundant' member

of another state government department, to a job as a general hand on the Department of Agriculture's Loxton Research Centre. Whilst the job isn't all that intellectually stimulating, doesn't pay much, and Andrea has had to get work as the medical courier for the Institute of Medical and Veterinary Science in the Riverland so we can keep paying our bills, the environmental change to a country area for the first time in our lives was most certainly an exciting challenge. We have been off the mainstream of consumerism for many years now, but this is the first time we have had the experience of actually living outside the influence of a city. It has taught us much about living in a country environment (as opposed to a suburban environment), and we are now very glad that the Kangaroo Island deal didn't come off. We wouldn't have had a chance at that stage!

And now, we have just moved out of the little Government shack on the Research Centre, and have rented a farmhouse out on the edge of the known world. (Here there be no dragons, but we haven't been over the rise yet . . .) We have the six main rooms any farmhouse built in the fifties had, of stone, of course, being South Australia, and half a metre thick. That's about 14 squares on the old scale. Then all the verandahs have been built in, making a total of twelve rooms in all, plus a passage which could double as a room where you could swing a cat without giving it a headache. The old garden is formal and almost totally destroyed by the lack of water. We have a job ahead of us bringing it back into life but it will happen, given time, and we have that. What we have found most amazing is that through all our traumas of the last decade we have ended up, almost without conscious effort, in almost the situation we dreamed of for years. We have the use of the garden and some of the surrounding 'house paddock' of about five acres. We have the old turkey houses – enough to raise two hundred birds, but I'm not that much of a turkey; we have five bantams at the moment! OK, we are only renting and the tenure is not all that solid (the house now belongs to the quarry owners), but we are closer than we have ever been to our dream. Perhaps, at 53, I may never get any further than this, but that's all right, too.

Our main interest in the past fifteen years has been the study and practice of alternatives to conventional (drug oriented) medicine, and we have studied herbal medicine, vitamin therapy, various interesting non-medical techniques such as bio-kinetic spinal treatment, foot and other reflexology and others I won't go into here. We have had some successes in our own family and been involved in what might in other circles be called 'miraculous healings', or 'works of the devil' depending upon your religious beliefs, and have consulted a member of the medical industry on only three occasions in that time. For diagnostic purposes they are well trained and can be quite useful, but they only treat the symptoms of a disease.

Setting up a practice of ALTERNATIVE THERAPIES in which there is no formal training and no formal qualifications is fraught with difficulties wherever you are, but in a small country town which is still under the influences of the sixties would be personally cataclysmic, so we are working very quietly by helping friends to heal, doing a tarot reading or two, logging a natal chart here and there (Andrea is a qualified member of the FAA), and generally doing in a quiet and unobtrusive way what the priests and priestesses of the Old Religion have been doing for five millennia or more – helping people.

And now we are being given the opportunity to put all of our agricultural alternatives to the test. What will work, and what is unviable theory? We have a harsh land in which to try this, with the average rainfall only just above half a metre, and in the middle of extensive wheat growing country where it gets hot in the summer, so what works here will pretty well set us up just about anywhere.

One final note: I have just seen a letter from a lady in Irymple, just across the border from us, looking for interested people to do interesting things. You've done it again – another contact from the Feedback pages! If this one comes to anything, you will most certainly hear about it. Some of you will also be involved! Blessed be to you all.

John Day
PO Box 978
LOXTON 5333.

Feedback Link-Up Feedback

Dear Grass Roots People One and All,

I find it surprising how many people write in to the magazine and must assume the reading populace to be many times this number. I believe, thanks to Megg and David and all concerned, that the magazine fills a growing awareness and demand for quality information along GR lines and congratulate all of you on your foresight and persistence through the years. I myself work in the printing industry and am aware of the various problems associated with printing a magazine such as this.

Anyway, the reason I decided to put pen to paper was that I'm following a somewhat lonely path and think that there must be more of my ilk in the same position. You see, I'm wandering the narrow PATH OF CRAFT (i.e. Wicca, Magic, etc) and thought, 'Well, if I've found it difficult, then others might be in the same boat'. I offer my services, experiences, what have you, to those of you at a loss for legitimate contact in this area. There are no strings (except your time and a stamp) and I hope I can assist you in your search for your path. I'm not seeking responses from established organisations as I'm aware of your existence. All replies are strictly confidential and your privacy respected.

Just to add a little background, I'm on a farm and keep horses as a hobby (Appaloosas). I'm only renting at the moment but hope (like many others) to have my own property within the next few years. I'm not attached (footloose and fancy free) because I found that following the Path demands time and the right lady who is sympathetic to my aspirations. The house is only a converted shed but it's warm and comfortable (which is the main thing, is it not?) and the horses come up to visit regularly, poking their noses in through the open door in their never-ending quest for that slice of bread I'm supposed to be hiding. The property is plastered on the side of a hill and has a magnificent view paid for with atrocious land which suffers badly under the tread of the horses' hooves.

I work night-shift which gives me some time during the day to muck around on the farm as well, mainly keeping an eye on the filly who doesn't believe in fences and regularly crawls through them and gets into places she shouldn't. My current wish is for her to grow quickly and soon! I believe in the free-range principle of horse management with as little interference as possible, finding that the mares in particular respond well to this, especially when foaling. I've yet to lose a foal through birthing problems and maybe it's just luck, but I believe Nature takes care of her own. There's no confusion as to who or what she is and I am still able to approach each horse as and when necessary. Though I must admit that I'd have to think deeply about free-ranging if my horses cost packets of money, a horse is still a horse and needs a herd environment in order to develop properly. A horse cooped up and on its own can and probably will go stir-crazy, developing habits ranging from bad to atrocious. Anyway, I'll get off my soapbox now because I don't want to upset anyone too much, and I'm sure to have done so already.

My apologies for the pseudonym, but many minds are narrow and bigoted and, with reference to the Craft, one must bide one's time until they are less so. Blessed be.

Shadow
PO Box 379
KINGSTON 2604.

Dear GR Readers,

With every new edition of your magazine that comes out I get renewed hope and encouragement that dreams can become reality, and that there is more to life than the bounds of city living. I have a dream of moving up the north coast of NSW (Coffs Harbour area) and starting a HOBBY AND CRAFT CO-OP. If there is anyone with information about running a co-op or just words of encouragement they would be greatly appreciated. All letters replied to.

Pauline Howarth
5/38 Morehead St
REDFERN 2016.

Dear Grass Roots Readers,

I will soon be starting on a small pole framed mudbrick cottage and am working out some of the 'finer points' of design. I'd like to include a double-sided open MUDBRICK FIREPLACE in an interior wall and

would much appreciate any advice from anyone who might have built something like this. I've seen details of mudbrick fireplaces, but so far not a double-sided one.

Helen Earlam
PO Box 142
DUNGOG 2420.

Dear David, Megg and Readers,

I have some answers to queries raised in GR 74. To Neville Bayley re ASTHMATIC CHILDREN: the thing of course (if at all possible) is to remove the allergen that triggers an attack because each child is different. It may be in the diet e.g. dairy products, eggs, wheat etc. or the environment – dust, pollens, air pollution/smog etc. To find out quickly of course, it's best to have an allergy test. If you are thinking of moving to Tassie, I would first make sure that type of climate would agree with your child. We found Queensland's climate made a vast difference to ours, being warmer and more humid.

Now everyone seems to be wanting a NATURAL FLEA SHAMPOO: I know of two, one is made by Alpha Industries, Logan Rd, (PO Box 96) Woolloongabba 4102, and the other is 'Wool Mix' – you can either buy it or make it yourself by mixing Lux Flakes or a baby shampoo, eucalyptus oil and glycerine (don't know the quantities). For those of you who are having trouble with other people's dogs marauding on your properties, put up a 3 or 4 strand electric fence (which is by far the cheapest way of fencing any property) – I even found it the best way of keeping goats in (and dogs out)! There is a diagram of a cheap make-it-yourself energiser in GR 57 p 55. I've even used a live wire from an energiser to stop dogs tearing the washing and jumping on a wire screen door, instant training!

Here's where I get on my soapbox. I've bred and shown dogs and cats for 18 years and kept goats, horses, cattle (and owned boarding kennels for 8 years), so my children have grown up literally surrounded by animals, with no ill effects. I do most of my own veterinary work (I'm not a vet), but I wonder if readers are aware of the dangers of untreated WORM INFESTATIONS in animals and how easy it is for children to become infected too. Roundworm is contracted by children just handling infected animals (pups and kittens are the most susceptible); hookworm can be picked up by walking around barefoot (especially in the tropics and PNG); tapeworms are contracted by animals from fleas (they are an intermediate host) – these look like rice grains; the tapeworm that is joined together but segmented is contracted by the animal by eating insects, lizards, frogs, etc. All these can be passed on to humans and if left undetected can be fatal or cause permanent damage to the brain, lungs etc. So please at the very least have samples from your pets checked several times a year just to make sure, or easier still use Canex or some other safe preparation. I am all for natural therapies but common sense also has to prevail.

Sandra Davern
70 Chelmer St East
CHELMER 4068.

Dear GR Readers,

Hoping someone can help us, my family and I have very sensitive skin. I am looking at MAKING OUR SOAP, because bought brands are too harsh for us, even health store varieties. I'm looking for recipes that also have no animal fats. Hope that someone can help also with a recipe for an all purpose cleaner. I tried tea leaves recipe in GR 74 but didn't have much luck. Thanking you all for a top mag.

Megan Prickett
25 Great Ocean Rd
ANGLESEA 3230.

Dear GR Friends,

We (myself 36, husband Neville 41 and 3 children, 9, 7 and 1) have recently moved to SOUTHERN TASMANIA from Melbourne. Presently we are 'patiently' renting a house in Woodbridge, a pretty rural area about 40 minutes from Hobart, but hope to buy a few acres when our house in Melbourne sells. Without family and friends, life is a little lonely so if anybody would like to drop us a line, it would be most welcome.

Sue Quarrier
C/- PO
WOODBIDGE 7162.

Feedback Link-Up Feedback

Dear Megg, Kath and Readers,

I am sitting by a lovely log fire writing this. My husband (Eric) and I gather the wood ourselves in our van – wood that is left to rot after the log carters have 'cleared' the land. We travel some 30 km, take a picnic lunch and I gather, and afterwards help load the van, while Eric cuts it into lengths with the chainsaw. On the stove simmering away I have 5 Christmas puddings – one for next Easter, one for Mother's Day, another for Father's Day and one each for our birthdays. I had one left over last year for this Christmas. I made lots of the Christmas gifts myself – cushions, aprons, shopping bags, door stops, coat hangers, articles from old stockings and bread covers, toys and much more. Last night I finished crocheting a white summer's hat from supermarket bags, and have nearly finished a large mat two metres square for my kitchen. It is made from old panty hose.

I am still receiving letters from GR readers. I must have over a hundred now. I love reading how the other half lives and it amazes me how many people in Australia are trying to get away from the rat race and live naturally. I feel I need a secretary these days to help answer your wonderful letters and thanks for enclosing a stamped addressed envelope. In fact five of the writers now want to come to Tasmania to live since I've written and they have read my books. One has already shifted to Ulverstone. I am having a wonderful time answering letters, posting my books, sending prices of homes here, also history and so forth, so thanks to all you lovely GR readers from throughout Australia. You've made me busy, but very happy. In answer to Heather Cleary, GR 73, you do not need two FEIJOA TREES to obtain fruit. We have only one that's loaded each year. Phyl Cripps from GR 73 wanted to know how to BOTTLE FRUIT IN JUICE. I have had a Fowler's outfit for 50 years. You get it from any hardware store with a recipe book. You can preserve any fruit in water or juice, and it will keep for ever.

To Kym, GR 73, inquiring for pumpkin recipes. I have lots in my book but here is one for PUMPKIN SOUP. Boil $\frac{1}{2}$ medium pumpkin (chopped) with a small onion (chopped), 3 cloves, 6 peppercorns, 1 teaspoon sugar, 1 teaspoon nutmeg, 1 tablespoon lemon juice, $\frac{1}{2}$ teaspoon basil, 2 chicken stock cubes, 5 drops tabasco sauce and 2 cups water until tender. Puree and add 2 tablespoons butter. Add some milk or cream before serving. If freezing do not add the milk or cream but add it later when you intend to use it.

Elaine Blomdale from GR 73 asks how to dry oranges with cloves for hanging in wardrobes. It is called a POMANDER. Take a thin skinned orange and cover it entirely with cloves, then roll it in orris root powder (from chemists) and cinnamon, equal parts. Wrap in tissue paper and let dry hard.

I feel so excited today, as I am having a penfriend whom I haven't yet met, to dinner. I've made some cream of celery soup, wholemeal pizza and an apricot roll. There is not much I had to buy as we grow our own vegetables and fruit, and make tea from our verbena bush. We have just finished eating our persimmons. They are the most beautiful of all fruits.

**Marjorie Bligh
163 Madden Street
DEVONPORT 7310.**

Dear Grass Roots,

We have a 5 acre block in the Shoalhaven district which is about $1\frac{1}{2}$ hrs away from where we live at the moment. We want to eventually live there but cannot at the moment because of work commitments. We want to BUILD A GRANNY FLAT so we can stay weekends and one or two nights during the week and later when we do move down permanently, build the home we want. We cannot spend a lot on the dwelling as we want to save our money for our house. Have you any ideas how to do this very cheaply and still get passed by council? Thank you for your time.

**J Morrison
C/- PO Box 20
WATERFALL 2233.**

Hi Everyone,

This is our first letter to *Grass Roots* but with all the advice and help we'll need in the next few years I'm sure you'll get to know us quite well. The information and inspiration from the magazine has

helped us make the important decision to sell our home on 1 acre in the Gold Coast hinterland, throw caution to the wind and follow our dreams.

My husband Timothy was raised on the land in SA and has always felt the emotional pull to return. I on the other hand have always lived in suburbia, over 25 years on the Gold Coast, 10 years in Newcastle, then back to the coast for the last 3 years.

We have a beautiful home here and have planted hundreds of trees and shrubs but it's not the country living we long for. It's still 9-5 in the city and only weekends here. We want donkeys, geese, chooks etc. We are looking for larger acreage so we can beautify some more of our planet and become self-sufficient. Have decided to buy in Qld with a definite leaning towards CAIRNS AREA or inland from the Sunshine Coast – would be interested to hear of other areas, but not too far out west as I'm not one for isolation and prefer to be around people who are like minded. We would also consider a community.

We are a 'New Age' family interested in spiritual growth, self awareness, meditation, positive thinking and natural living. My husband has some knowledge of electronics, accountancy, is a versatile handyman, keen gardener and a very hard worker, but tired of city life. I have been a professional landscape artist for the past nine years and have previously had a variety of jobs, but none unfortunately that had to deal with country life, so would love to hear from other city dwellers who have made the change. Our children Craig 12 and Michelle 10 are looking forward to participating in our venture. Our golden retriever dog and our two Himalayan cats have kept their opinions to themselves. As soon as we have sold here we will pack the car, board the animals, store the furniture and take off north, looking as we go. When we settle on an area I will let you all know where we are for I would like to meet all the local GR people in that area for help and friendship.

Also anyone wishing to write with help, advice or encouragement I would love to hear from you. Finally to all you GR people who have given us the courage to follow our hearts I wish you love, peace and happiness.

**Valerie Hansen
1 Rising Fast Rd
MUDGEERABA 4213.**

Dear Readers,

I knew A LADY NAMED ANNY, a lady in every sense of the word, a true, loving spirit – her thoughts were only good of people. And people around fortunate enough to have met her responded in kind. She had the ability to draw out the best side of everyone.

Not long ago this warm light was suddenly and violently extinguished – forced into the path of an oncoming vehicle by a drunken slob playing silly buggers, who ran into the back of her car then drove away. Two young women were the victims. The immediate victims, that is. The ripple effect will go on spreading for some time, leaving a wake of changed lives and grieving. The hope is that some of the changes will be for the better – a last, great gift from Anny.

But why? Why Anny? Why our good, dear, beautiful, loving Anny? Anny of the laughing eyes and long thick honey brown hair. She was so enjoying her life at last, her pottery, her job, her friends . . . We are richer for having known her, poorer for having lost her. Rest in peace, Anny.

**Sandi Feller
PMB 51, CMC
CAIRNS 4871.**

Dear Readers,

Can anyone offer any advice on how to rid one's garden of SOURGRASS? I have it in plentiful quantities, much to my disgust. I also have a problem with a cat 'digging' in my garden and would like to know how to put a stop to this. Also, I have hundreds of slater bugs but don't know whether or not they are harmful to the garden. Any replies to these problems, or just general helpful HINTS ON ORGANIC GARDENING (I'm just a beginner) would be much appreciated. With thanks.

**Diane Hellyar
RMB 1363
MARYBOROUGH 3465.**

Feedback Link-Up Feedback

Dear GR,

I am seeking suggestions for uses for all these PLASTIC/GLASS CONTAINERS I am accumulating – milk, cottage cheese, honey, yoghurt, peanut butter etc. I just loathe throwing them out as they seem so useful. Apart from keeping my 16 month son amused, planting seedlings and reusing them to fill up at the Bulk Grain Store (which is rarely), my collection is multiplying. And when I think of all the others that go straight into garbage bins throughout Australia, one could build a tourist attraction to mankind, as big as Ayers Rock. Can plastic be recycled? Does anyone need some supply? Or is it a good idea, once having accumulated a truck load, to transport it all to Canberra and have them dumped on the doorstep of Parliament House? Our lifestyle at present inhibits my time to make a lot of our own milk, cheese, honey, yoghurt or peanut butter. I'm interested also in MAKING MY OWN PAPER and would appreciate any information as to how to go about it.

And one last request, for HERBAL/NATURAL REMEDIES for ailments of dogs, chooks, goats, pigs horses and sheep. I treat our 2 dogs with regular doses of garlic, but find in summer particularly they suffer from ear mites or canker. Love to all and thanks to those whose contributions inspire us.

**Tracey Watson
RMB 8712
WINCHELSEA 3241.**

Dear Readers,

If you live in a warm climate and are able to grow cassava, this is the method for turning it into TAPIOCA FLOUR or pearl tapioca.

The roots should be washed and scraped, or peeled if necessary, then grated into a fine pulp. Put the pulp into a very fine sieve, the bottom of which should be submerged in a basin of water. From time to time the pulp should be kneaded to work out the starch, which is allowed to pass through the sieve into the basin below. The pulp is then discarded.

When sufficient starch has been collected, about 10 cm (4 in) thick, the water should be allowed to stand for about 10 minutes, then poured off. Fresh, clean water is then added, the starch stirred up again, again allowed to settle and the water poured off. This will have to be done 8 or 9 times, until the starch is quite white and the water not discoloured. The starch should then be allowed to dry in a place free from dust. To make flour, the masses of starch are broken up and spread in large pans and gently heated. To make pearl tapioca, the dry powdered starch is slightly moistened and placed in small quantities into a cradle or hummock shaped frame covered with canvas. The whole is then rotated or rocked until it forms shot-like masses, which are then spread out in large pans and gently heated.

To overcome the problem of white ants in fruit trees, remove all covering from the soil and keep it worked around the roots, taking care not to damage the roots while doing so. Remove any dead wood from the tree. Fork in manures high in phosphate and potash – fowl manure contains 0.8 percent phosphate, 0.5 percent potash; sheep manure 0.3 percent phosphate and 0.9 percent potash; other manures contain smaller amounts of phosphate and potash. The manure will drive the ants away, but be careful not to let the manure come too close to the tree trunk as it could cause collar rot.

To a recent inquiry about waterglass for PRESERVING EGGS: waterglass (sodium silicate) can be bought or ordered from a chemist. 5 percent waterglass is a fairly weak solution and will only preserve eggs for a few months. Experiment with a stronger solution for longterm keeping. Eggs preserved in waterglass are best used in cooking.

Thanks for a great magazine. I have been a reader since the 3rd issue.

**B Rose
'Longfield'
Mundays Lane
MSF 2007
ARMIDALE 2350.**

Dear Grass Roots,

Thank you for a wonderful magazine, my mother and myself read

it from cover to cover and I want to pass on information to several of your readers in GR 72. My mother who is 80 grows the maximum of vegetables and fruit in our fairly small backyard – small because we are on the slope of a hill and also the loop of a circuit. But it amazes me what she produces, all of it being grown organically. We have a mandarin, lime, lemon, orange and grapefruit tree, two apple trees, two plum trees, two cherry trees, two fig trees and an apricot tree. Outside on the side of the house we have a walnut and two almond trees. This year the parrots had a wonderful feed from the almond trees, we didn't get one almond. We have tried bird scarers without success so will put a net over next year. We are both vegetarian and my mother makes all our own bread, cakes, biscuits, jams, sauces, chutney and preserves. My role is to do the preparation for the freezer and kneading of the bread. We have a food dehydrator and two freezers. We snap freeze our vegetables and fruit. Everything is bagged according to our recipes. Recently we had an apple pie which had been in the freezer for eighteen months and it was delicious, the apples being our first crop and the wholemeal flour being organic and coming to us from Swan Hill.

For Erin: you wanted some information on STOPPING REGROWTH. To combat the same problem in our backyard (the previous owner of the house planted gum trees under the powerline and so they had to be cut down) we used a brace and bit (or electric drill), drilled holes 10-15 cm (4-6 in) into the stump and filled the holes with kerosene. You may have to do this 3-4 times over a period of 6 months but it does work.

To Kathy: you wanted something helpful on RHEUMATISM. My mother has had some success with taking three of Blackmores Celloid Minerals – phosphorus, potassium and sodium. Here in Canberra they cost \$6.15 a bottle, but if she takes the three together then within a few hours she has relief.

Thank you for a wonderful and informative magazine.

**Claire Lintern
7 Pokana Circuit
KALEEN 2617.**

Dear GR and Readers,

I have GR no 74 and a small amount of information on BRAIDING. I would love to know more – like 'how to'. I love the idea of making floor coverings for our home from old blankets etc. I've been to my local craft suppliers trying to find a book on braiding rugs but they've never heard of it.

Thanks for all the great ideas and handy hints you always manage to dish out. We've just moved into our shed on our 1 acre until our house is finished. It's not a lot of land but I'm sure I can squeeze in my chooks, milking goats, vegie gardens, fruit trees and vines and nut trees without too much trouble. Anyone living down this way we'd love to hear from you. We've only been down here 2 weeks and don't know a soul. Looking forward to next month.

**Jodie Cooper
PO Box 522
ALBANY 6330.**

Dear Grass Roots,

My partner Les and I are tied to the city for some years yet, but in the meantime we have bought ourselves a few acres in the NSW Southern Highlands to experiment with our ideas for eventually living the GR life. We have two main problems and would appreciate other readers' ideas and experiences in these areas. The first problem is BRACKEN FERN which is rampant over large areas; so far we have been repeatedly slashing it (and expect a positive change in bracken level this spring), but some of the more traditional farmers in the area tell us this is merely pruning it to encourage growth!

The second is WOMBATS. Is there any way to move them on to the adjacent wildlife reserve or do we just put up with holes in the ground and in our fences? Also any information on organic spraying of fruit trees against moulds, insects etc wouldn't go astray.

Many thanks for a wonderful magazine.

**Deborah Hailstones
171 Denison St
NEWTOWN 2042.**

Feedback Link-Up Feedback

Dear GR People,

No 74 contains a couple of articles that really interested me: Tina's problems in getting Josh into the school room ('It's All Worthwhile') took me right back to when we lived on a farm and I was a pupil of the QPCS or Qld Primary Correspondence School. My mother, I fear, had awful problems to get me to my lessons. Just on 9 am Grandy would light up the forge and 'I've got to blow the fire for Grandad' would be my reply to Mum's call. Or Uncle would pull a magneto off the old Fordson and I'd just have to help him. Maybe a calf would be so obliging as to get in the cane and I'd just have to chase him out. Poor old Mum used to get a bit peeved at the time, still somehow she and the PCS managed to teach me the 3 Rs.

The article on buttermaking brought memories home too. Milking cows on a cold, wet morning, separating the milk, watching Mum or Grandad working the churn (always some rivalry as to who would be up first so as to beat the butter. Then the process of washing the butter, patting, salting and then eating the finished product on fresh baked bread with honey. I can taste it now! Sometimes Mum made cheese and the combination of that butter, that bread and that cheese makes me hungry just to think of it! By the way, I found turning the separator an excellent way of learning homework. I put the book on the bench in front of me and read while I turned – never failed.

I noticed that Paul Griffin wants to know some way of using up the heat from ARTESIAN BORE WATER. Well, my boy, you have hot water for a bath for a start. Then, Mt Isa can get rather cool in the winter time so why not rig a radiator in the lounge and run hot artesian water through the pipes? It would take a bit of fiddling but it could be done. Another thing, you may be able to get motive power by running the water round the hot cylinder of a Stirling hot air engine. Water would have to be very, very hot to give worthwhile results. By the way, has anyone ever experimented with pressure of the water from an artesian bore to drive a hydro turbine? Unfortunately there's no such things as artesian bores around here or I'd be 'having a go' myself.

Now I'm asking for help. Does anyone know of a cheap and effective WATER FILTER to strain out the giardia wogs? Sure, there is an effective filter for sale that will do the job – but \$200? I want something that will do the job and yet not cost the earth.

Which reminds me, Mossman, Port Douglas, Daintree and 'over the river' make up one of the loveliest parts of Australia but if you wish to live a happy self-sufficient GR lifestyle then you had better have a good bank account before you buy up here. It is not a nice thing to say but as a result of all the tourist development you would be hard pushed to buy five acres for less than \$90,000. Makes it a bit hard doesn't it?

From time to time I read articles on SOLAR POWER, the advantages of DC against AC etc and one article I read, in another mag, on how to do your own wiring rather alarmed me. Apparently folk get the idea that because the power is only coming from a little engine, or from batteries and an inverter, it's harmless – it doesn't come from the mains so it won't kill you. Let me tell you 240V will kill even if there's only half an amp there. Fifteen milliamps will put the heart out of kilter and 110 volts is quite enough to drive that 15 millis into the right place. So, we'll stick with 12 volts – that's all right! Maybe, but careless wiring (lack of knowledge) and you get overheating and overheating causes fires and fires kill! At any rate I suggest to all readers, if you don't know anything about installation work then hire an electrician. His wages won't cost as much as a pine box with a cross on it. That is enough for now. May the Lord God watch over you all and may his peace attend you.

Lawrie Boswell
PO Box 366
MOSSMAN 4873.

Dear Grass Roots Magicians,

Time to renew my subscription to your great magazine, my 'Bible' as my husband refers to it. I have even got him to read more of it, as when I'm looking for the current copy I find it in the smallest room where he does all his serious reading.

We have been permanents on our 5 acres for almost 12 months now and had our ducks and chooks settled and our vegies not quite ready to harvest when down came the Darling River. When it got to

the top of the bank we rehoused the ducks and chooks on higher ground. Thought the goat would be okay, but my husband on his way to work called out that 'Lost' (because she was lost when they found her kids lodgings) needed rescuing, so just daylight had me in my wellies and dressing gown rescuing 'Lost' from the floodwaters. It was b.... cold and she didn't appreciate her enforced bath. So now if and when the river gets to the top of the bank everything will get shifted because once it tops the bank we flood. Goodbye vegies, compost and ground for months.

If the water rises much more our house will be either surrounded or flooded, so all those people who have a problem with no water, too much water can be just as, if not more, destructive. Are we shifting out if the water gets higher? No way. Just tie a fishing line to the foot of the bed and hope to catch our brekky.

All our fruit trees are starting to bloom now and all look promising. Nothing like going for a walk and having a fruit salad straight from the trees, warm from the sun. If I pick fruit and put it in the fridge or on the table it goes squishy and mouldy, but I find the kids walking around with handfuls of fruit straight from the trees. No, they don't want their meals at that time of the year.

We have tried lots of your recipes, handy hints etc and find everything very informative and extremely helpful. Thank you and looking forward to the next issue.

Lynne Channing
PO Box 260
MENINDEE 2879.

Dear Grass Roots,

In the middle of April I will be MOVING TO N/W TASMANIA, far away from the hustle and bustle of the over-populated mainland states. I am a widower with three children 11-14. I would dearly like to meet people in that area who have 'made the break' and are enjoying a more back to nature lifestyle. I am interested in M/O properties and becoming as self-sufficient as possible. Hope to hear from you.

Peter Dolan
7 John St
DEVONPORT 7310.

Dear GR,

Please note that I will have no COFFEE BEANS available until late June. A more recent discovery is that they remain viable for a relatively short time so June/July will be the best time to try. I will hold requests until fresh seed is available.

Colin Westwood
C/- PO
UKI 2484.

Dear People,

Want a bush friendly, user friendly, environmentally safe holiday? Well, this could be for you. My husband and I recently spent 12 weeks DONKEY PACKING on the National Trail. Our gelded donkeys Tommy and Angelo adapted very quickly to the new lifestyle and soon slipped into a routine of 2 hours walking, a smoko, 2 hours walking and a lunch break, then a further 3 hours and look for a campsite. Tommy became very good at picking a spot, not always suitable in our eyes but good enough for a donkey who works to union hours! We put together their packsaddles ourselves – they carried approximately 100 lbs each. This consisted of clothes, tent, cooking gear, water and food, along with a small amount of supplement for them. The National Trail makes its way through the isolated bush areas of the Great Divide from Healesville in Victoria to Cooktown in far north Queensland. Most types of country are encountered, some very rugged, some serenely beautiful, an experience of Australia at its best. It can be joined and left anywhere along its length. We had an exciting adventure, met some wonderful people, and passed through the country much as the first European travellers must have done, quietly and without fuss. The Donkey Society of Aust was very willing to help us in any way they could and the National Trail can be contacted for maps and information at PO Box 2235, Toowoomba 4350. Please send SAE as they are short of funds.

Jenny Osten
PO Box 285
COOROY 4563.

It is refreshing to receive an article from people enjoying urban life. Certainly the air pollution is undesirable, and the Oberin family acknowledge this, however there are many other positive aspects which can enable people to build a rich and varied life. The Oberins have found the close proximity to shops, schools and services has allowed them to take directions that would be denied them in rural areas, and in matters of health and education family members enjoy the privilege of personal choice. If you are not in a position to leave the ties of suburbia, do not despair, 'take hold of your values and start to look around with an open and enquiring mind and heart to see what you can change and build for a better life right where you are'.

LIVE THE RAT RACE AT YOUR OWN PACE

by Anne Oberin, Warranwood, Vic.

Remembering a wonderful childhood spent in country towns I have felt some guilt at raising my children Rebekah 15, Hayden 11, Ptolemy 7 and Dante 3 in the 'rat race' city, and longed to 'escape'. Recently, while reading *Grass Roots* (I have read it since its beginnings), I realised that although we do have a few problems because of living in the suburbs, I do not wish to live anywhere else now that I have established a happy home and healthy way of living for my family. We have, each and every one of us, the ability to make the kind of environment inside our homes and on our land (no matter how small) that we want. Yes, we can all get caught up in a too busy lifestyle, but we can choose to live life at a leisurely, healthy pace if we so wish.

The acre of land my husband Colin, I and the children live on had a tiny, forty year old farm house on it when we purchased. There were about a dozen plum trees along one boundary and the rest of the land was barren. We have planted many, many natives since we moved in and are now excited at their incredible development and the increase in bird life. The house has been enlarged to house our four child family (mind you, we are all living upstairs while father and staff work

downstairs!) and much of the old section has been renovated, so we now live in comfort with beauty all about us.

I establish an organic vegetable garden every few years –yes that's right! I have taken a year or so off after each birth, and as I am the only enthusiastic gardener I have to begin all over again each time. Luckily I love to do it, and I enjoy being able to produce, chemical free, much of the food we eat. I have always had a traditional type garden but due to a mild medical problem I have begun work on a 'no dig' garden this year and am really enjoying watching it develop. I began with a two metre square plot and have been so impressed with its productivity and ease that I now have three other plots and we are eating from the garden daily. The children have been very involved and helpful with this garden as the work is so light and quick – definitely a bonus!

We built a co-operative organic chook pen with our like minded neighbour and share the work and running costs. We recycle any tins, bottles and paper we use. We return all our plastic carry bags to a sympathetic fruit shop for recycling and have an interesting collection of shopping baskets from countries all round the world. We try to buy only environmen-



Anne harvesting peppers from one of the recently established no dig gardens.



The children enjoy having the fowls and rabbit. Rebekah and Dante feeding their pet.

tally safe house cleaning products and our food scraps have a choice of buckets under the sink: one for the chooks, one for the compost and one for the rabbit! By the way, you don't need an acre of land for these things to exist – when we lived in our last house we were on a normal suburban block and ran a few chooks, had a productive vegetable garden and a few fruit trees. Plan carefully, check on council regulations about animals and make each step when you feel strong and enthusiastic.

The city has allowed Colin and me to look deeply into what we wanted for our children's education. We were able to choose from many excellent alternative schools and the more traditional state and private colleges. Rebekah, Hayden and Ptolemy all attend an alternative school here in Warranwood, the Rudolf Steiner School, which goes from kindergarten to HSC. The school has a close and family like community feel to it and the one special teacher is with the child from class 1 through to class 8. Several other teachers are involved with each class every year to teach subjects such as languages, craft and music. The school looks on each individual child in its care as a whole made up of many parts. The whole can be regarded as comprising body, soul and spirit, and can also be seen as falling under the influence of the four elements that make up our world – fire, earth, air and water – with the individual child's temperament more strongly influenced by one or more of the elements.

Rebekah has just completed class 9 and feels she wants a different type of education to that offered at Steiner. Colin and I were a bit negative about the idea at first, but she has been accepted by a girls' college that has a large, exciting music school and we have all adjusted to the idea of change in 1990.

I believe that music is very important to children's development, and when Rebekah had problems with enthusiasm as a primary student I realised that it was very lonely being the only one making music in the house. I took up the flute and



Ptolemy picking the nibbled silverbeet leaves for the fowls.

have been moved that my participation has had a deep and profound effect on the children's musical involvement and development. I am still at about grade 2 level and she is now doing grade 6, but this isn't important. We still have fun together and the children sometimes work together to give a combined performance as a gift to grandparents or friends.

The only thing I feel I can't control here is the air. We bought our acre on the very outskirts of Melbourne where the air is sweet, but there are very rare days in mid-summer when there have been high temperatures and no breeze for several days and I then wonder if the pollution is getting this far. We live, work and the children attend school out here and we only 'go to town' for specific outings.

Colin worked in the Central Business District of Melbourne for fifteen years and in 1987 unexpectedly and traumatically found it necessary to work from home. Lots of hard work, faith and love helped us overcome our problems and we have since become one of the few city families that have all the wonderful advantages of a 'full time' husband and father. His work attracts clients who are thrilled to be able to do business in a home setting instead of in the city (as is usual in his profession), an unexpected reaction that has caused the business to expand at a surprising rate so that it has now outgrown our home. We sadly decided to begin looking for office space but we felt depressed when we saw building after building constructed of concrete and having no 'soul'. We began to think 'laterally' and have found ourselves a wonderful bargain in the form of an 100 year old house in appalling condition! No one wanted it, so the price was right and we are renovating it to its former glory. Our business and staff should thrive in the lovely old house in its garden setting and it is only 5 minutes from our home, so although Colin will no longer be working from home, he won't be far away, we will still see him for lunch and he will be able to join us for school activities, festivals, etc.

The city provides us with many, many things which enrich all our lives greatly. My family enjoys being able to shop at a wondrous array of very special shops which provide us with chemical free food: organic and biodynamic fruit and vegetables, dairy produce, and meats. I have felt a great weight lift from me since being able to freely purchase such lovingly produced food, and am deeply grateful to the farmers who work so hard to give us these products. Because of the very high demand, and therefore turnover, our healthfood store is able to stock a huge range of organic and biodynamic goods too – nuts, most grains, naturally grown and dried fruit, butter, yoghurt, cheeses, the list goes on and on.

We are frequently to be seen wandering around little shops full of educational and uplifting books. There is a selection of toy shops that stock hand made toys which are produced from natural products only: wooden toys for little ones, dolls made lovingly from fabric and fleece, and unexpected things which excite and stimulate. We have over the past few years seen the increase in availability of pure cotton materials and clothing and can buy hand spun and dyed wools and silks. I do several creative crafts and am able to find whatever I need quickly and at reasonable cost.

The close proximity to the theatre and arts is wonderful. We enjoy occasionally eating at an unlimited selection of restaurants and several times a year we attend live theatre, musicals, ballet or opera. We have encouraged the children to

appreciate these things and the dedication of the performers, and their awareness is heightened because they learn instruments and dance. The annual Spoleto festival is a great opportunity, if you book early, to obtain tickets to world class performances at very reasonable rates. We frequent the museum, arts centre, docks, sanctuaries, zoo – I guess the list is unlimited!

We are happy to be able to provide a holiday or emergency base for our country relatives and friends. We have strong ties to my farming family in northern Victoria and are very fortunate to be able to holiday at their farm. Because of the big age gaps between our children we normally have to plan and execute holidays very carefully, the exception being 'going to the farm', or camping and bushwalking in national parks – these holidays seem to excite each child at whatever level he/she is at and we have to go looking for them at meal times – but we have also taken all four children on very exciting and successful holidays interstate and overseas. (Travelling overseas with four children is another whole article!)

Over the years I have tried several different alternative therapists for various medical problems (we have a cured asthmatic and a controlled migraine sufferer). I have now settled on several types of treatment (occasionally overseen by either of two sympathetic doctors when I feel concerned about 'seeing it through with alternatives') and I feel deeply that different members of my family respond to different types of treatment. If I lived elsewhere I might not have been able to discover and take advantage of this. We have also been very fortunate to have had two medically supervised homebirths (described in GR 74).

We feel deep connections with the earth and its gifts and with our spiritual guides. We light a candle before each meal, join hands and give simple prayers of thanks – each of the children has a favourite and we all share this ceremony:

*Before the bread the flour,
Before the flour the mill,
Before the mill the grain, the sun, the earth, the rain,
Blessings on our meal.*

Candles can also be seen glowing in our home during times of stress, illness and celebration as a reminder that there is more to this precious life than we can see with our eyes. We don't ask for answers to problems, but do ask for wisdom and the strength to cope with whatever situation is given to us. I have used the following verse for many years and change the ending occasionally if it seems appropriate. The children have all had it said to them at bedtime during periods when life looked a little grim to them, and they all know it off by heart now and know just when they need it:

*May wisdom shine through me
May love glow in me
May strength penetrate me
That in me may arise
A helper of mankind
A servant of holy things,
Selfless, and true.*

Our 'lifestyle' didn't happen overnight – one day many years ago in an inner suburb I took a spade into the garden and dug a one metre square vegetable garden, it all seems to stem from that! Living a self-sufficient life in the country must be wonderfully healthy and rewarding, but my message is, if you

cannot afford, or like my family, do not want to leave everything and everyone you hold dear, then take hold of your values and start to look around with an open and enquiring mind and heart to see what you can change and build for a better life right where you are.

P.S. Rebekah has just read this and wishes to tell you all that we are not the perfect family! We eat 'fish and chips', we argue

and get grumpy just like everyone else!! I think her criticism of the article is excellent and pass it on with a smile.

Reading

Prayers and Graces, collected by Michael Jones, Floris Books.

Coming Home, Betsy Caprio and Thomas Hedberg, Paulist Press.

Esther Dean's Gardening Book, Harper and Row. (No digging!)

Begin It Now, Susan Haynard, In-Tune Books.

LOCAL EMPLOYMENT TRADING SYSTEM

by Norm Williams, New Farm, Qld.

The Local Employment Trading System is a non-profit community exchange method of using neighbourhood skills, based on the idea that all people have skills they can offer to help others, whether they are in business, tradespeople, unemployed, elderly or infirm. LETS is a brilliant way to create employment in the local community and get those long-neglected jobs done, without the need for money. It enables people to help each other in times of hardship and can make the good times even better. The wealth of any community is created by the provision of goods and services. LETS retains this wealth within the community to which it belongs.

A LETS system runs on commitments: the promise to do something for someone else in the community. These are recorded as points called 'units', 'bunyas', 'locals' or whatever a community wants to call them. Each member has an account held in the LETS office. Accounts oscillate around zero and members may go into debit before earning credit if they wish. Points are credited to the person providing the goods or service and the same number of points is debited from the receiver's account. The number of points to be exchanged is decided by the two people concerned. No interest is earned on credit accounts and none is charged on debit accounts.

Example of LETS transactions: Nick did some gardening for Jan. Jan then phoned the LETS office and asked for 20 units to be taken from her account and credited to Nick's. Later, Jan did some typing for Don and sold an old stove to Nat. Don made some shelves for Trudy, he charged her Federal dollars for the wood and LETS units for his labour. Trudy gave Nick a haircut and Nat minded Don's children for an evening. Each time goods or services were provided the receiver phoned the LETS office to notify them of the transaction, or mailed it in. Each person has therefore both given and received services, and all accounts should be around zero. LETS has the potential to assist the local community both socially and environmentally: socially by helping people to get to know, trust and help each other, and environmentally by encouraging people to obtain their needs from within their local community thus reducing the amount of pollution and fuel wastage caused by the transportation of goods across long distances. The joining fee for most LETS is about \$15, and a small service charge in local units is deducted monthly.

There are many advantages in LETS, but the spark of hope I have seen light up the eyes of the unemployed says more than I could. 'Minerals can remain in the ground another day – they will not rust, nor go away. However, lose a person's labour for just one day and it is lost forever'.

LETS is to me an imperfect, charitable, bartering method that becomes inevitable as money dries up and living becomes more expensive. This is a fact you can safely bet your shirt on.

Why should productivity slow when money does? This makes no sense, the reverse should be the case. Creativity and productivity are front line troops in the battle against inflation. LETS encourages Australian inventiveness and creativity. I know, because I have proven it!

Alvin Toffler, in *The Third Wave* says, 'Rather than teaching people to despise their own efforts, to value second wave products and downgrade what they themselves create, governments should be offering prizes for the best or most imaginative self built homes and goods.' Imagine, if you will, a community group supplying resources to each other at mutually agreed terms and mathematical figures (remember it is the service you are chasing, not the money) and the sum total of this activity balancing out in the trustees' books at zero – that is the principle on which the LET system is based.

LETS originated years ago in Canada and was brought to Maleny, Qld by Jill Jordan, a caring woman who regularly conducts LETS workshops at the Relaxation Centre of Qld, here in Brisbane. I am a member of a separate Brisbane group which has only operated for about a year but now has well over one hundred members and an impressive list of skills and resources.

How did I become involved in LETS? I guess it was the result of being on the wrong end of a 'rip off'. Prior to my joining LETS, a set of dentures I had paid an arm and a leg for broke and the words of the dentist returned to sting my ears i.e. 'Your money will help pay for my holiday to France,' – good Aussie dollars leaving the country! Then LETS and I met. What did I, a frustrated, partially gummy person, have to lose? Now, nearly a year later, I am happy to say that not for a single split second have I ever regretted my decision to join LETS, and I have a good set of dentures too! I debited from my LETS account an agreed number of points and allocated this number to the credit of the dentist who supplied my dentures. Now I had the task, in my own time and manner, of supplying services to other LETS members (and the dentist) to earn credit points with which to balance my books.

LETS publishes for its members a regular newsheet listing, amongst other things, requests from members; this provides the avenue and impetus to supply those needs and build friendships. This has brought out in me skills I had not previously been aware that I possessed. I have not advertised my most consistent service, other than by word of mouth, as I have as much demand as I can comfortably handle. It is with real pleasure that I can now say I am within a 'cat's whisker' of balancing my books and I am keen to go on to bigger and better endeavours.

Prince Phillip once said 'Industry follows people, people do not follow industry'. I couldn't express it better. Finally, the only way to truly understand LETS is to actually do it, it doesn't

matter how small the effort.

If you require further information about LETS, the trustees of the Maleny LETSystem have an information package available for \$3.00 post paid. Alternatively you could contact a LETSystem in your area. The information below was to our knowledge correct as at December 1989, but some contact details may have since changed.

Kadumba Community LETSystem (Blue Mountains), C/- Ian McLeod, 67 Bedford Rd, Woodford 2778.

LETSystem Maleny, Bunya House, 28 Maple St, Maleny 4552. Ph: 071-943-113.

Sydney LETSystem (currently inactive), C/- Cinzia Guaraldi, 55 Ferndale St, Newtown 2042, or EPI Centre, 113 Enmore Rd, Enmore 2042. Ph: 02-519-6327.

Brisbane LETSystem, PO Box 10253, Adelaide Street, Brisbane 4000. Ph: 07-366-5660.

LETSystem Bellingen, C/- Carina Hack, PO Box 27, Bellingen 2454. Ph: 066-552-250 or 066-552-379.

Taree LETSystem, C/- Bronwyn Smith, TAFE Library, Taree 2430 or C/- Rick Heritage, 2BOB FM Community Radio, Macquarie St, Taree 2430. Ph: 065-523-876.

Wollongong LETSystem, C/- Peter Matusch, 65 Bridge Ave, Oak Flats 2529.

Richmond Valley Local Trading System, C/- Hank Jordaan, The Channon Trust, C/- PO, The Channon 2480.

Ballarat LETSystem, C/- Rod May, Central Victoria Tree Planting Service, PO Box 161, Creswick 3363. Ph: 053-452-356.

Rockhampton LETSystem, C/- Lillian Geddes, PO Box 289, Mail Centre, North Rockhampton 4702. Ph: 079-279-162.

Next issue will give more details of the background and operation of the LETSystem.

MAIDEN-HAIR FERN

Maiden-hair fern, if pressed with a hot iron (between brown paper) soon after being gathered, will retain its colour and make a beautiful table decoration.

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GREENPEACE ANTARCTIC EXPEDITION

Greenpeace is founded on the philosophy of direct and non-violent action. The annual expedition to Antarctica serves to focus public attention on threats to our last great wilderness area at a crucial time, with the pending Special Consultative Meeting of the Antarctic Treaty System later this year to decide Antarctica's fate.

On January 10 the *MV Gondwana*, with a new base team of 4 over-winterers on board, departed Auckland harbour on the second leg of Greenpeace's 89/90 expedition to the icy continent. The first leg had inspected 23 scientific bases in the peninsula region, monitored human impacts and protested abuses to the Antarctic environment by some bases. A successful protest at Bellinghausen (USSR) resulted in the base commander ordering a load of rubbish to be taken on board an empty resupply ship returning to Moscow.

The *Gondwana's* crew also drew attention to the wreck of the *Bahia Pariso*, an Argentinian resupply and tourist ship which ran aground perilously close to penguin breeding colonies a year ago, spilling approximately 680,000 lt (150,000 gal) of diesel. The US National Science Foundation described the spill as 'an environmental tragedy' that ruined twenty years of research. Meanwhile a further 300,000 lt (67,000 gal) of petroleum products are still on board and no salvage plans are intended. Another target of protest was the planned airstrip construction site at the UK Rothera base, which Greenpeace claims has commercial motivation.

The climax of the first leg was the direct action taken against a Soviet factory trawler in response to destructive fishing practices in the southern oceans. For the last twenty years fishing fleets, led by the USSR, have plundered the Southern Ocean and now certain finfish stocks are commercially extinct. Potentially the whole ecological balance is at risk, as these fish are food for penguins, seabirds, seals and whales. Greenpeace inflatables prevented the ship from launching its nets for three hours and the *Gondwana* itself stayed close on its tail for 24 hours.

The second phase of the expedition focused on resupplying the World Park base at Cape Evans, the only non-governmental presence on the ice, and continuing Greenpeace's on-site protest against the French construction of an airstrip at Dumont d'Urville. The French station was established in 1956 to study the rich and diverse wildlife nearby, including a rare colony of Emperor penguins. Construction of an airstrip began in 1983. When Greenpeace exposed the project and produced evidence that penguins had been killed and eggs destroyed, construction was halted for two seasons to allow environmental impact studies and a scientific review of the project. Despite the review committee's conclusion that the project would have negative biological effects and that alternative proposals should be considered, construction recommenced during the 1987-88 season. A peaceful blockade halted this construction for two days and Greenpeace's demands were passed on to Paris. All governments with vested interests in Antarctica should be held accountable for their impact on the fragile environment. This year the whole world will be watching.

For more information on their activities write to Greenpeace Australia, Private Bag No 6, PO Broadway 2007. Ph: 02-211-0500.

THE RAW FOODS DIET

by Iriss Quigley, Chillingham, NSW.

After many months of an undiagnosed illness (tentatively named 'heart problems') – indeed, after almost two years and many attempts by me to effect a permanent cure – I decided to change my already vegetarian diet to a completely uncooked vegetarian diet. Cooking (interfering) with foods produces a decrease in enzymes, minerals, and vitamins; also, raw foods are much easier to digest, having their own inbuilt enzymes.

The questions then arose as to how to 'balance' a raw foods diet, also how to be practical about it and how to make it attractive. It seems easy to say 'I'll just have fruits and vegetables', but the practical application is not quite so simple. Adequate proteins, carbohydrates and calories are necessary; also adequate digestion (and intake of food), and meal balancing. There arises the longing sometimes for cooked foods again – now and then, at least; and finally there is the need for presentation of each meal so that one really wants to eat the meal – it looks good!

I had known for a long time that uncooked foods provided a clear skin, a good immune system, a better digestive ability and finally also good health – a most precious bonus. I have benefited greatly from vegetarianism and partial or complete fasting over the years. An early German writer, Professor Ehret, investigated and recommended a special raw vegetable diet to cope with mucous problems, and I have known this to be followed most successfully; and of course many vegetarian writers and researchers and health authorities have recommended inclusion of increased amounts of fruits and vegetables in the diet. However, each person should realise that no special diet suits everybody; and each person must work out from the basis adopted just what items to include or exclude. This means carefully watching body reactions. For instance, do you regurgitate a little after certain foods, or certain mixtures, raw or cooked, or after drinking certain liquids? That is one signal by the body to the mind; have you mixed incompatible foods? Other signals are flatulence, diarrhoea, and so on.

Emphasis is currently on treating the body as a whole; a pain somewhere is the response of the whole body, not just the toe, side, arm or leg affected. So it's necessary also to eat the whole food, not just a part: skins of fruits are valuable; gluten is only part of wheat and is therefore separated from the other parts which make it a whole food. Yes, it's true some are allergic to particular foods and must avoid them, but I am speaking generally. Overall, it's better to gear your diet to using those whole foods you can handle easily, rather than dismembering a food to get one part only. In this respect, a raw foods diet is rather easier than other diets.

Now these are the foods I use:

- the common raw salad vegetables – lettuce, cabbage (coleslaw is good), endive, spinach, tomato, celery, carrot (grated), cucumber, peas, capsicum, eschallots, onions, garlic;
- the common sprouts – mung beans, alfalfa, fenugreek, mustard seed;
- some lesser-known inclusions – grated raw beetroot (excellent for blood), grated sweet potato (ordinary ones too if you like them that way), Jerusalem artichoke, grated turnips

(both purple top and swede), parsnips, zucchini, young green broad beans or ordinary beans (use whole or seeds only), snow pea pods and peas, and no doubt others you will know – all pleasant eating, but you may prefer to add a little mayonnaise to begin, so you can get used to the taste;

- seeds – pumpkin seeds (valuable), sesame, sunflower (very valuable);

- nuts (all nuts are high in calories and protein) – almonds, brazil nuts, cashews, pecans, walnuts;

- fruits – just about everything, but it must be in season. We can get bananas easily, also many tropical fruits: oranges, lemons, rockmelon, honeydew, pawpaw (especially good for digestion), pineapple, avocados (an excellent all-rounder), apples, pears, persimmons, apricots – the list just varies with the season.

My researches show that most people overeat proteins, even on a vegetarian diet, and that generally we do not need as much protein as we think. Nearly all foods contain protein and carbohydrates, though only a very little. I use two grains – millet and buckwheat, both the only alkaline grains. It is said that one could live on millet alone, it's so valuable, but I have not tried that yet. I use buckwheat mainly, but can use rolled oats if I feel like it, or simple (not toasted or treated) muesli. To prepare buckwheat for eating, pour fairly hot water over the grain and let stand about 20 minutes. I use buckwheat continually to make that pleasant nutritious Lebanese salad, instead of using cooked grains. Sometimes I add slightly sprouted seeds such as mung beans, wheat, young corn (uncooked). If short of parsley or mint, I add a few minced dandelion leaves, and even some herbs – lemon balm, marjoram, dill, basil (there are many more).

I do drink milk, but fortunately we have our own cows. I do not drink the homogenised or pasteurised varieties. No doubt there is a case for using these, but 'raw' is 'raw' and processing, however carefully done, does eliminate many enzymes, vitamins and minerals from the products. The yolk of an egg is a wonderful thing – high protein, phosphorus, calcium, magnesium, potassium, vitamin A etc); I can't like it raw by itself, but I can relish it in a milk shake, or even an apple (or other fruit) drink. Of course, sprouts are wonderful protein carriers, as well as having amino acids and enzymes. Fish too I use: simply get thin slices of any fish (raw), squeeze the juice of lemons over, allow to stand overnight, and hey presto, in the morning you have 'cooked' fish and I defy anyone to tell the difference!

Now, putting that all together, my daily food regime is:

- Breakfast: on rising, a small glass of cool water in which a lemon has been squeezed; half an hour later, sliced bananas and pears, sprinkled with oat bran (for constipation), pawpaw – one can use just whatever fruits are available; sometimes add raisins or prunes, or dried (soaked) apricots; an orange squeezed freshly over; or natural yoghurt, homemade if possible; raw milk, if desired; can have a piece of wholemeal pita bread if wished.
- Lunch: a full fruit salad, plus half an avocado, or several brazil, almond or pecan (B6) nuts; if none of these, can use pita

bread slice.

● **Dinner:** a full vegetable salad, using any of the raw salad vegetables listed above, and can add if wished, diced pineapple or pawpaw, both of which aid overall digestion.

For drinks during the day, I use freshly made (there and then) carrot juice, apple juice, or pineapple juice; sometimes a raw egg flip, if I haven't eaten much in the previous meal; add a little honey to it and a dash of cinnamon. For a hot drink I use mostly peppermint tea or lemon grass tea, or a mixture, and grow my own supplies. (Snacks between meals are not the 'done thing'!)

It's necessary to include some oils in all diets, so if I don't have the mayonnaise dressing (yoghurt, honey, lemon, olive oil), I soak my pita bread in a dessertspoon of oil, and I always use butter for a spread. No, neither oil nor butter will make you fat, or give you cholesterol trouble. My weight does not vary much now, and is always within 0.9-1.8 kg (2-4 lbs) of the normal weight for my age and height. Each person differs some, but there is a kind of general standard which you can use as an average 'pointer'.

Lastly, I am never hungry on this diet, now that I have become accustomed to it. Also I have reduced my cholesterol from a dangerous count of 12 (when on a strict vegetarian diet, but using steamed etc. foods) down to 5-6, and my blood pressure from 220/120 to 160/82; my pulse is regular, although slow – it has always been between 55 and 65 per minute (sometimes causing problems for medicos). As a last reward, I

have lost the horrible 'instability' in the head (and body) which stayed with me despite many many efforts to improve. I am now physically stable in walking and moving, and no longer feel that ghastly 'uncertainty' as to how the next step will finish! I wear glasses for close reading only, never at other times (having once had glaucoma, and controlled that by Dr Bates method of exercising the eyes and surrounds).

I must add that control of stress, a calm attitude, a cautious working within my limits, no excessive late hours or long socialising and an acceptance of some of the restrictions of old age has enabled me to cope quite happily; and I do add certain minerals and vitamins to my diet, as are suited to my condition.

I celebrated my 82nd birthday in May and, truly, no one ever thought during my illness of over 2 years that I would live to see it! I had to work the raw food diet out for myself, and arrived at it after much research and thinking; and my health now is wonderful. I think it would help many conditions if faithfully adhered to; and have known it to control arthritis and other diseases, as well as my own problems of heart (maybe), plus cholesterol and high blood pressure.

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For further information contact the College Administrator, Ms Diana Bulfon on 02-660-8100 or write to: Australian College of Applied Psychology, PO Box 43, Broadway 2007.

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EASTER CARDS AND BOOKMARKS FROM PRESSED FLOWERS

by Judith Bauer, Nanango, Qld.

These cards and bookmarks are decorated with pressed flowers, but feathers, fabric, coloured papers and pictures, paper bark or wool can be used following the same method with good results. The cards are made without glue. Use clear vinyl adhesive, also known as Con-Tact, to cover the flowers on the front of the card, which also then protects them and even aids posting. The bookmarks can be made entirely from clear vinyl adhesive so they are transparent and really interesting and beautiful to create.

CARDS

Begin by preparing some cardboard. Cut and fold the card into a conventional greeting card or cut out an Easter egg shape etc; mark in borders, calligraphy or message, such as 'Happy Easter'.

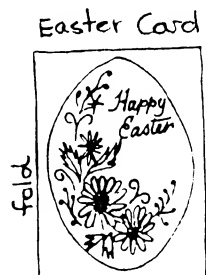
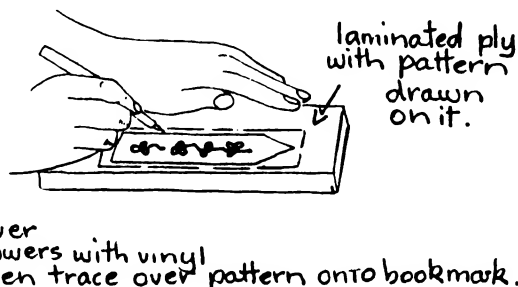
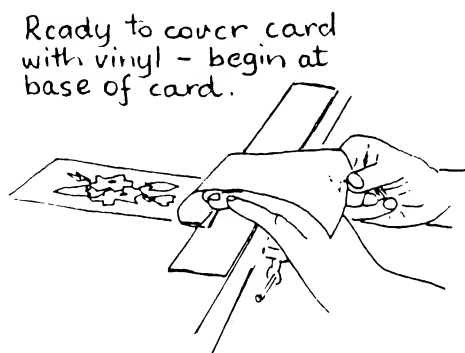
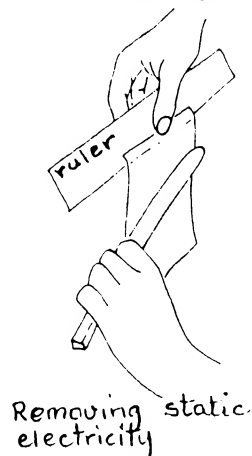
The flowers or decoration are now placed on the card (spot glue the decoration on if you need to). To cover the card with clear vinyl: cut vinyl approx. 1 cm ($\frac{1}{2}$ in) larger than the outside measurements of the card. Remove backing paper from vinyl and place a flat ruler along 5 mm ($\frac{3}{16}$ in) of the edge, sticking it to the vinyl. Now lift the vinyl as shown and remove static

electricity by gently scraping both sides of the vinyl with a metal knife. (If static remains it will cause the flowers to jump during covering.) Place the ruler on the edge of a table, flapping vinyl over towards you, as shown. The ruler may be clamped to the table for extra security. Carefully slide the card to the ruler. Using a roller or wad of cloth press the vinyl onto the card using a 'steady but swift' motion. Remove the card from ruler and using sharp scissors trim away excess vinyl flush to edge of card. Press the card under heavy books so vinyl is well adhered.

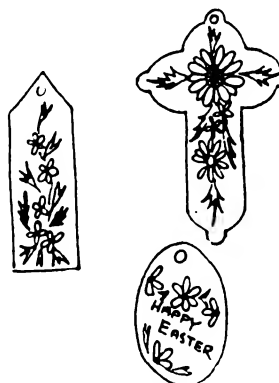
BOOKMARKS

Draw your desired bookmark pattern with a felt marker on a piece of laminated plywood, a smooth ceramic tile or piece of glass. Place the flowers on the pattern, keeping well within the pattern outline so the vinyl has plenty of room to adhere. Cut vinyl approx. 1 cm ($\frac{1}{2}$ in) larger than your pattern. Proceed to cover the pattern with vinyl as was done in the cards above, but do not remove vinyl from the pattern board yet. With a waterproof marker that will write on plastic, trace over your pattern. Now remove the vinyl from the pattern board and turn

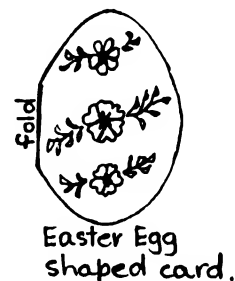
Construction techniques for various types of cards



Easter Bunny made from leaves with daisy petal ears and a little daisy tail.

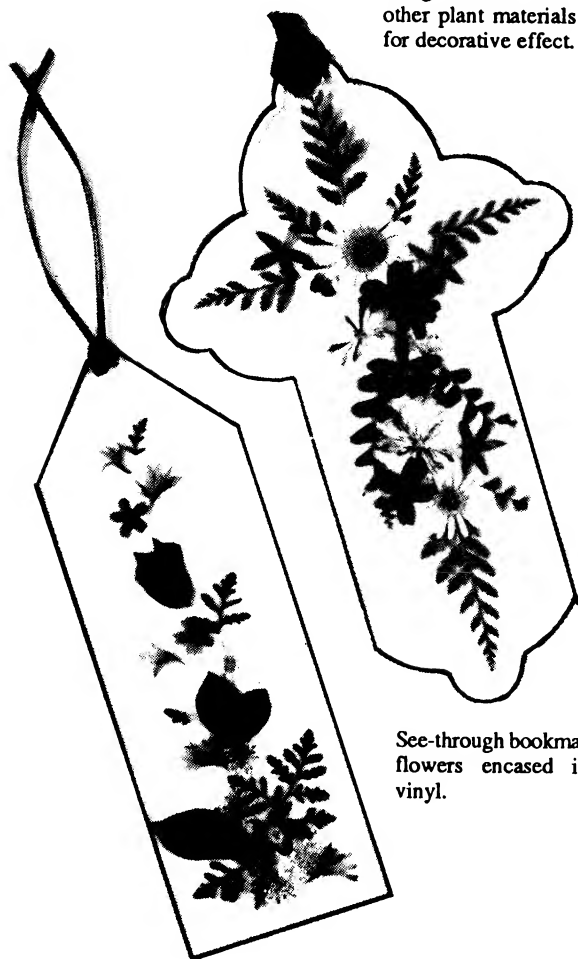


Clear vinyl bookmarks for Easter.

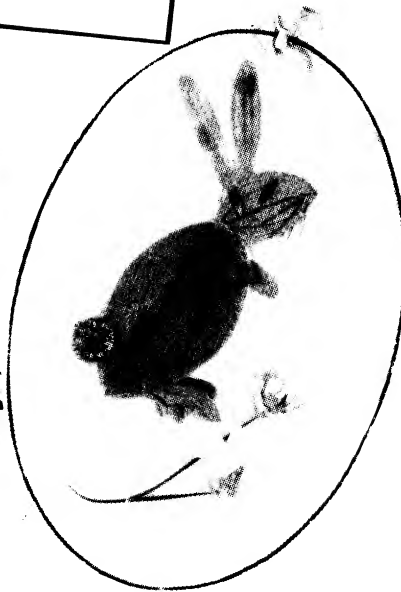




Cards for all occasions can be made using flowers and other plant materials for decorative effect.



See-through bookmarks with flowers encased in clear vinyl.



it over. Add more decoration to the back if desired. Prepare another piece of vinyl and cover the back of the bookmark following the same procedure. Trim away excess vinyl around your pattern.

These methods are expanded in the book *The Art of Pressing Flowers Successfully in Australia*, co-authored by Judith Bauer and Ted Devanny. Detailed instructions cover how to press common flowers, as well as roses, orchids, flowering bulbs and native plants. Advanced techniques for pressing fruit, vegetables, succulents, fungi and seaweed are also given. Methods for making cards, bookmarks, stickers and pictures, to list a few of the projects, are simple, straightforward and even adaptable to other crafts such as bark and wool pictures. \$25 from Pressed Flower Art, PO Box 301, Nanango 4615.



At A Snail's Pace



by Keith Upward, Thomastown, Vic.

Beware, if you do not eat meat or you are repelled by the thought of dining on snails then this article may not be for you. On the other hand, if your garden is a breeding ground for these hungry molluscs you may like to consider this eminently practical and rather tasty way of dealing with them.

Most of us at one time or another have been frustrated by the overpopulation of snails in our vegetable or flower gardens. I for one have been guilty of indiscriminate use of snail baits and as a consequence poisoned my dog, who luckily recovered after rather expensive veterinary treatment. Following that rather traumatic experience and realising that I was also putting numerous other of God's innocent creatures at the risk of an agonizing demise, I decided there and then that I would not administer any more baits of any kind. The question now was what to do with the pesky snails?

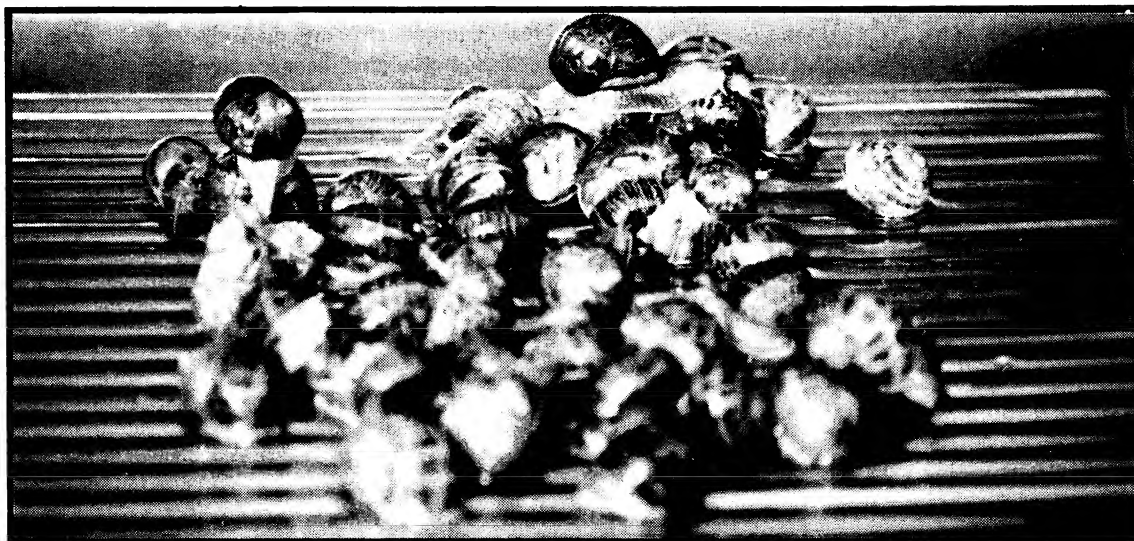
After many attempts at a resettlement plan (I'm sure someone, somewhere has organised a snail hurling contest), I read in a daily newspaper that people were actually eating Melbourne bred common backyard snails. I had never really given much thought to eating them – like the majority of us I thought the revered 'escargot' was a separate species peculiar to the warm rural areas of France. Following much procrastination and more snail hurling, I finally decided to have a go at eating my own backyard snails and, after going through the unsavoury rigours of the two week cultivation period, I was finally rewarded with a gourmet feast that equalled the escargot meal I had enjoyed in Europe some years before.

There is no great secret to the cultivation of snails for one's own use although farming them on a commercial scale is, I should imagine, not all beer and skittles. However for some of you with the raw materials and a little time to spare, there is no reason why supplying local restaurants with edible snails shouldn't provide you with a 'nice little earner'.

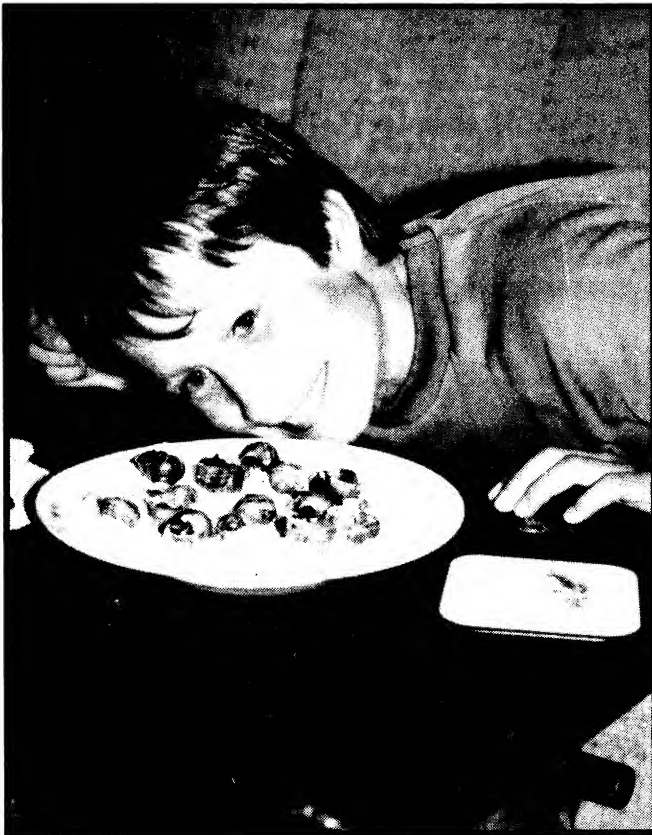
Snails have been a delicacy since Roman times; in fact it was a gourmet by the name of Fulvis Lupinus who first devised a method of fattening them. The larger Roman snail (*Helix*



A three day diet of bran is part of the cleansing process.



A thorough hosing down should invigorate your livestock so reject any that move slower than snail pace.



Son Geoff was keen to sample my first attempt at snail cuisine.

pomatia), found mainly on the chalk downs of southern England and France, was probably the favourite table delicacy of the French but now it is *Helix aspersa muller*, the common garden snail, that dominates today's edible snail stakes. Information on commercial snail farming in Australia is very scarce – I know of only two viable operations, one run by Irena Votavova in Blackburn, Victoria, and the other managed by Sonya Begg at Gunnedah, NSW. Both these enterprising ladies have gained their knowledge from overseas sources at considerable personal financial investment. Consequently the passing of this valuable information to prospective 'snail farmers' will, I should imagine, be subject to a consultation fee. For those of you who wish to 'have a go' before making a commitment the following will get you started toward an exotic homegrown feast.

It is said that the best snails are those fed upon vine leaves; this will be a distinct advantage for those who live near or round vineyards. The best time for collecting your snails is during the warm weather after heavy rain, or at night with a torch while they are attacking your prize vegies! If your garden is devoid of snails, I'm sure neighbours and the local children will co-operate in a collective round up. You will find that curiosity and the novelty of your enterprise will be inducement enough. If you are uncertain of the source of your new stock it is wise to 'quarantine' them for a few weeks in a natural state in a shady part of your garden where they can purge themselves of any harmful pesticides to which they may have been subjected. Snails have very abrasive eating gear and will tackle almost anything organic. They love chewing away at my lime bag and are very partial to glossy magazines I store for mulch. It goes without saying that snails are liable to feed on many things

poisonous to humans so we have to place them on a regime of cleansing.

Start with about 6 dozen. You will find this is the right quantity to keep for short periods in a 2 gallon plastic bucket. It is a good idea to use 2 buckets, keeping one spare and clean ready for the change over at mucking out time (daily – more in hot weather). Put your snails together with a few lettuce leaves in the bucket for 3-4 days; don't forget to clean them out daily, have a lid on the bucket and preferably keep it in shade. After the lettuce I then put them on bran for a further 3 days, once again cleaning out buckets daily. This can be a good time to experiment with fattening methods by trying various other cereal foods. A 3 day fasting period should now follow – no longer as stock will lose condition – and yes, regular cleaning is still a must. The next step is to harvest your prime produce. First hose the snails down and cull out the lethargic looking specimens. Wash them in several changes of cold water and then soak them for a couple of hours in a solution of salt water and vinegar plus a pinch of flour. This will kill the snails. Wash the snails again and boil them for about 5 minutes. Rinse thoroughly under a cold tap and drain.

Now, with a needle or skewer, remove the snails from the shells, cut off the black part of the tail and, if you like, the tip of the head, although this is not essential. The shells are retained and should be cleaned by boiling in water with bicarb soda for 30 minutes. Your snails are now ready for one of the many recipes available.

If after this cultivation exercise you have gained an appetite for a more serious approach to snail farming the following few suggestions may be helpful. Firstly you must remove the availability of your stock from the many predators around, such as ducks, blue tongues and currawongs – a hungry blue tongue has an insatiable appetite for snails. This can be achieved by providing a protective enclosure constructed around some lush vegetation. Size of course will be dictated by the availability of space in your garden or block. Half-inch bird-wire is an adequate material; this will allow small snails easy access and thus prevent them from escaping when larger, although if you provide a natural environment they will not stray far.

If you want to play the multiplication game you should know snails are hermaphrodites, i.e. they possess both male and female reproductive organs. They need dirt in which to lay their eggs and providing there are plenty of shady retreats to protect them from the heat of the day and overcrowding is kept to a minimum your stock should thrive. Terracotta pots and roof tiles are ideal for creating a shady haven.

I do not claim to be a great authority on snail cultivation, but I hope what I have learned through observation and practice and consequently passed on to you will motivate some of you to thirst for more knowledge and ultimately become pioneers in what is a relatively new industry in Australia. If supplying restaurants, check with the chef to see at what stage of cultivation he or she would like them delivered as some prefer live snails only. Remember also to check with the health authorities if going commercial, to ensure that you comply with the relevant 'Food for Human Consumption' regulations.



SNAIL RECIPES

Burgundy Style

4 doz snails
1 cup white wine
salt and pepper
bouquet garni
1 onion stuck with 6 cloves
2 cloves of garlic
half cup brandy
snail butter (recipe follows)

Place the prepared snails into a pan with the remaining ingredients. Bring to boil and simmer for 1 hour, then let the snails cool in the liquor. Drain them and push them back into the shells. Fill up the shells with snail butter, put them into a baking dish and heat through thoroughly in a very hot oven, approx. 10 minutes at 230°C (450°F). Serves 4.

Snail Butter

Soften 120 g (4 oz) of butter, add 15 g (1/2 oz) of finely chopped shallots, 1 clove crushed garlic, 1 tsp chopped parsley, a little mixed spice and seasoning to taste. Blend well.

Original Recipe

This dish from the south west of France serves 6 as an entree.

6 dozen snails
80 g (3 oz) blanched almonds
50 ml (2 fl oz) olive oil
milk
2 cloves of garlic
2 eggs
100 g (3 1/2 oz) stale breadcrumbs
salt and pepper

Finely chop the garlic and almonds and put into a mixing bowl. Add egg yolks. Slowly add the olive oil while mixing until you obtain a consistency similar to mayonnaise. Moisten the breadcrumbs with a little milk, add them to the sauce and season to taste. Place previously prepared snails in a shallow pan, pour the sauce over and cook the mixture slowly, stirring continuously until it begins to simmer. Serve the snails very hot, sprinkled with chopped parsley and accompanied with fresh French bread.

Tried and Tested Recipe

Place 6 doz prepared snails in a nonstick or enamel pan with a little white wine, salt, pepper, one clove of garlic, bay leaf and a capful of brandy. Simmer until tender – half an hour. Cool in the liquid and drain. Cream some butter with chopped parsley, crushed garlic and some onion chives, season to taste with salt and pepper. Put a little of the mixture in each of the prepared shells. Add the snail and seal with more butter. Stand them upright in a dish of crushed salt and put in an oven preheated to 230°C (450°F) for about 10 minutes. Serve with freshly baked bread and butter. Serves 6 as an entree.

SPRING FLOWERING BULBS

Daffodils and jonquils can be planted in March for late winter blooms. Most other spring flowering bulbs should be planted in mid autumn, so beds may be dug, fertilised and kept weeded. If you like to store tulip bulbs in the refrigerator's vegetable crisper for six or seven weeks prior to planting, this needs to be done in mid March so they can be planted late April or early May.

OIL – SOLUTION OR POLLUTION?

By Tom Brown, Nissan Island, PNG.

With reference to the article 'Solution to Dusty Tracks' by Christine Taylor in GR 76, I feel *Grass Roots* readers should be warned of the environmental effects that are likely to result from their using such a system.

Like oil spills at sea, oil spills on land cause environmental pollution, especially to aquatic ecological systems. With every rainfall oil will be washed off an oil treated track into the surrounding water system. Just a few drops of oil are sufficient to create a thin film of oil only microns thick that seals a water surface from contact with the air, thereby killing numerous species of air breathing and surface dwelling insects and other organisms and plants. As the water level rises and falls the oily film is deposited over plant stems and leaves and also the pond, lake or river bank, thereby affecting more plant and insect species. The effect of a one-off pollution by oil of a water system can be long lasting. The effect of the perpetual polluting that would result from the rain water runoffs from oil treated tracks could be disastrous in vulnerable areas. And in addition there is the danger that if the oil gets into the groundwater system it could contaminate the water from wells or bore holes.

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COONNOON-GIBBER

by Dave, Australia

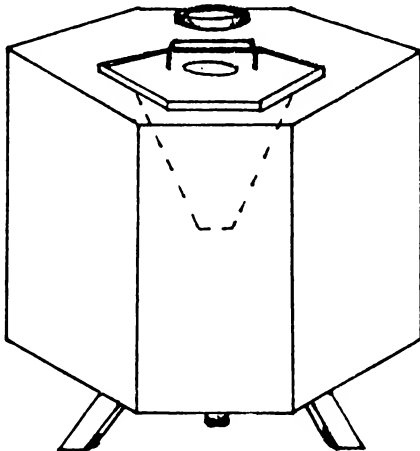
Coonoon-Gibber is an Aboriginal word meaning cold rocks – maybe an ironic name for a heater, but one with a lot of meaning. The Coonoon-Gibber is a creek in southern Queensland and it was at my good friend Leon's, overlooking this tiny creek that the Coonoon-Gibber wood heater materialised from the mists of imagination.

We are compulsive nomads, living in a bus and finding stays in one place of longer than three months somewhat trying. While the constant inflow of energies from travelling is great for the mind and the soul, it creates problems in breaking free of the financial constraints of the system, which has led us on a somewhat indirect search for 'ways in which to meet the ends'. I feel that now, in the Coonoon-Gibber, we have reached that end and have something really worthwhile to offer.

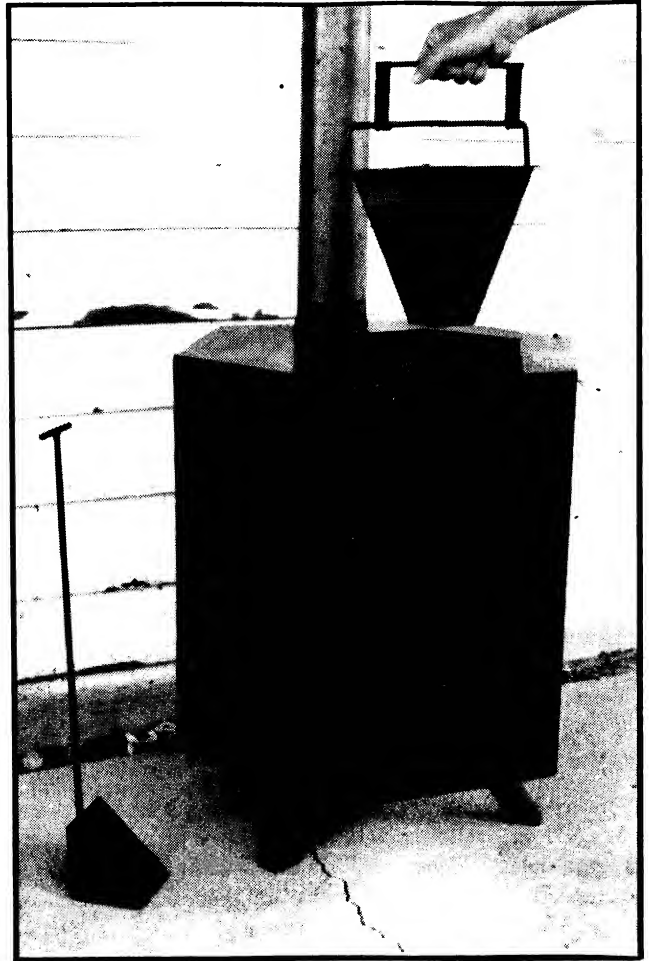
The Coonoon-Gibber is a top loading wood heater. I refer to it as a heater because, while other products offer the aesthetics of seeing the fire burn, if you want to be warm the Coonoon-Gibber is second to none. We use the age-old 'venturi' system, where air passing through a gradual restriction gains velocity and literally blows on the fire. Due to this forced air, combustion is so complete that only occasional removal of ash is required and it gives maximum efficiency from our invaluable fuel resources. Green wood and, it is claimed, even sawdust will burn though efficiency will suffer.

The Coonoon-Gibber is a 600 mm (24 in) hexagon standing some 550 mm (22 in) high. It is made from fully welded plate steel and has a 250 mm (10 in) loading hole. The fire burns on a bed of sand, guaranteeing minimum wear while adding to the safety afforded by the top loading design.

When the snow began to fall we found it a necessity to install a smaller version in the bus, over 2 years ago now, and have found it to be the most used possession we own. I think the greatest attribute must be being able to scratch around in the ashes and rekindle the fire after the heater has sat idle for 3 days. While the Coonoon-Gibber is no decorator item we like to think of it as having 'earthy good looks' and as it is a truly effective product, we can offer it at a down to earth price. Safe travelling to all.



Air forced down through the venturi opening gives complete combustion.



Efficient fuel conversion and 'earthy good looks' are the main features of this wood burning heater, top loading for ease of use.

For more details of the Coonoon-Gibber, including prices and operating instructions, write to Dave Simpson, C/- 14 Sixth Ave, Cheltenham 5014.

ENVIRONMENT '90

This international exhibition and conference, to be held at Sydney's Darling Harbour from May 2-5, presents a wide range of information on the topic 'Who is doing what to repair the environment?' Many organisations will be displaying products and processes developed as a response to the growing concern about serious problems facing our environment. Neutralysis, for example, is a high technology method of producing bricks and associated building materials from household garbage in a clean and energy efficient way. Other displays will focus on means of protecting the purity of our water supply and using waste timber to conserve natural resources. Entry to the exhibition is free. The conference will at the same time allow speakers from science, industry and government to present the latest research findings and technological advances in this area. For details contact Faye Cameron, PO Box 79, Turrumurra 2074. Ph: 02-449-5279.

BEAUTIFUL BLACKBOYS

by Judy Sims, Windeyer via Mudgee, NSW.



Australian grass-trees growing wild on a rocky, wind-swept hill side at Judy Sims farm.

The beautiful and rather exotic looking native 'blackboy' can make an unusual feature in a garden. A mature plant with its blackened trunk makes a spectacular impression, while younger plants with their fine crown of foliage look splendid in rockeries or containers. Commonly referred to as Australian grass-trees (*Xanthorrhoea australis*), the blackboys are easily recognised by their short thick trunks topped by heads of grass-like foliage. Also characteristic are their spears, which can reach several metres high and are topped by a long dense spike from which emerge numerous small, white flowers.

Blackboys are normally obtained by digging them up from private properties and are often sold in large pots. They are touchy when first removed, but once they are established prove almost indestructible – great for those of us who lack a green thumb! Although the seeds from a blackboy germinate easily, growth is extremely slow, with seedlings taking many years to develop into substantial specimens. The average growth rate of the trunk is 2.5 cm (1 in) every ten years once established. It is possible to buy or strike seedlings, however it can take up to twenty years before the trunk appears. Until that time, all that appears is a bunch of grass. Many of the wild blackboys found on properties are at least one hundred and possibly several hundred years old, with the largest having trunks of up to 6 m (20 ft) which fork into several crowns of leaves.

Removal of blackboys is often undertaken, but is very laborious. The Aussie expression 'hard yakka' meaning 'hard work' is thought to originate from this task. In South Australia the grass-trees are actually known as 'yaccas' and advertisements could be found in South Australian agricultural

newspapers for 'yacca-cutters' – tractor drawn implements which slice the stems off below the soil surface. Once a blackboy is removed from its original position there is no regeneration. Any regrowth that subsequently appears would be from seeds remaining in the soil.

The name 'blackboy' was widely used because of the tree's resemblance to a black human figure carrying a long spear. Aborigines, in fact, found a variety of uses for the grass-trees. The tall stalks were used as spear shafts and the bases of the youngest leaves were edible. The flowers produced abundant nectar, which was either licked straight from the spike or soaked off in water to make a sweet drink. Edible grubs were obtained from the decaying stems of dead trees and a peculiar substance – stem resin – was used as glue or cement and for torches. The resin from blackboys is known as 'grass-tree gum'. In the wild this resin protects the stem from the effects of fire, which leave the trunks a characteristic black colour. This is achieved by cementing the tightly-packed broadened leaf-bases together, creating a thick protective layer over the live internal tissues of the stem.

At one stage the resin was exploited commercially, with the main supply coming from Kangaroo Island, South Australia. Commercial application of the resin included manufacture of a high melting-point lacquer and varnish for metals and conversion into picric acid crystals for use in explosives. The resin also gives off a beautiful incense-like aroma when it is warmed. Other by-products were also found for parts of the grass-trees. Paper pulp was experimentally manufactured from the fibre of both leaves and the core of the trunk and industrial



Trees growing where livestock graze are at risk from damage and although these goats pruned the lower hanging leaves and nibbled bark no losses have occurred.

alcohol was extracted from the trunk and investigated further for its starch and sugar content. However, it became obvious that as the supply of blackboys dwindled commercial operations would have to end and in post-war years the venture on Kangaroo Island ceased.

It is still possible to find stands of blackboys in scattered localities throughout Australia. Their presence generally indicates poor infertile soils, such as rocky ridges or sandy conditions and they are usually found within 300 to 400 km (185-250 miles) of the coast. As land clearing for pastoral and agricultural use continues, the slow-growing blackboys are quick to suffer. They are unique to Australia and cannot be easily replaced. Stock in surrounding pastures can damage blackboys, so removal to another location is sometimes warranted for their own survival.

A blackboy has its best chance of surviving transplantation if minimum disturbance of the extensive root mass occurs. Once the blackboy is removed from the earth it is essential to leave it potted for twelve to eighteen months. During this period it will suffer a stage of dieback, where the leaves wilt and brown, before recovering its former glory. Unfortunately, a large number will not recover. If the blackboy is to be repositioned in a garden it is best to obtain one that has been potted in a wire basket with a plastic sleeve. This type enables easy transplantation by cutting the wires and removing the plastic and placing the entire root mass undisturbed into a deep

hole. There is no particular time of year best suited for transplanting.

Blackboys prefer a sunny, open position and will withstand dry conditions and frost. Light or medium type soils are suitable but it must be reasonably well drained. All grass-trees respond to periodic burning which is a natural occurrence in the wild. In pots or gardens burning can still be achieved by setting alight the dry or dead grasses. This will greatly stimulate growth.

Blackboys can be found at selected nurseries, usually those specialising in native plants. An extensive range is held in stock at Joylyn Native Nursery, 5 Joylyn Road, Annangrove, in Sydney; ranging from small seedlings to larger single or double trunked specimens. Prices vary from \$90 to \$300. Relocated to gardens, the blackboys can be fully appreciated and enjoyed by a large number of people and may even assist in the preservation of this highly unusual species.



OLD IRON – IT'S A TRAP!

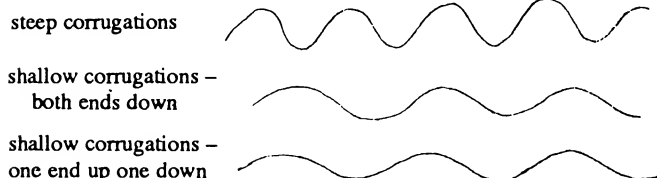
by Christine Taylor, Black Forest, SA.

I am sure that you, like us, use secondhand corrugated iron on occasions. Beware that you do not fall into the same trap as we did. We were doing a job up on our block for which we needed a number of short filler sheets of iron. We had some secondhand sheets in the city so we decided to save time up on the block, and to cut the sheets before we took them up. Cutting them was no problem – we'd brought the measurements home last time – but we couldn't use a single sheet we'd cut. We had to cut new ones on the spot, to our annoyance.

All the iron was officially 75 mm (3 in) but one type had much steeper corrugations than the other. As soon as we held one of the short sheets in place we could see that there was a difference. By measuring we found that the difference is close to 3 mm ($\frac{1}{8}$ in) which is a lot in 75 mm. If the edge matched at one end, it was out by about a quarter of a corrugation at the other end. If we had tried to make them match by nailing or riveting them, starting at one end, we would have put a great strain on the sheets and their attachments and eventually they would probably have pulled away. As I say we simply couldn't use the sheets we'd cut so they will finish up as a garden fence.

This made us look more closely at the other corrugated iron we had, both old and new. What we found is shown in the drawings. Most sheets new or old do match in depth of corrugation. In that matter we had just been unlucky. Some sheets have both ends either up or down while others have one end up and the other end down (which may depend on the width of the sheet). They can be mixed and matched, though. It is just a case of inverting every alternate sheet as they are used, to make the ups and downs fit together depending on how much overlap you want or need.

Have a look at the corrugated iron you have lying around and you will see the differences, too. And before you use any old iron, look at the depth of the corrugations so you don't fall into the same trap as we did.



TRAINING THE OLDER PUPPY

by Irene Maxwell, Woodend, Vic.

Everyone would like to own a well behaved and reliable dog, a pet which can obey simple commands such as 'come', 'stay', 'no' or 'sit' and a pet which will not eat furniture and shoes, rifle the rubbish bin, chase the cat, bark unnecessarily or dig holes in the garden. A puppy, usually arriving in the home at about seven weeks of age, is easy to train with a little effort. Sometimes however, you acquire an older dog (say 10-30 weeks) whose level of training may be non-existent. The sorts of behaviours which may be 'cute' in a puppy, and relatively easy to modify, are positively annoying in an older dog and may be resistant to your efforts.

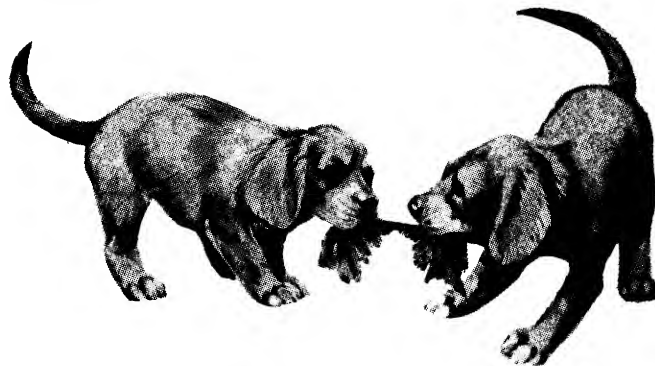
Essentially, the puppy learns how to behave in the same way as a toddler: by example from an elder and by reward and punishment reasonably and consistently applied. Obviously, since you are not a dog, you need not lead by example. But when you first make an effort to change an unruly and destructive dog into a well-behaved pet you may strike resistance in the form of biting, feigning ignorance and growling. I say 'feigning ignorance' because with a few exceptions dogs are very intelligent and it does not normally take long at all for the penny to drop, but they can and will pretend not to understand in order to challenge your authority.

What has happened is that the vital few weeks in which your leadership may be established have passed with the pup free to do much as it pleases. It has been neglected by its previous owner – neglect which manifests as leaving the pup by itself outside for long periods and failing to adequately train it in those moments when it is with its human companions. Such a pup is the one who bowls inside at the first chance, rushes from person to person in a frenzy, then piddles on the carpet and is summarily ejected. What has the pup learnt from this brief encounter? Not a great deal. It hasn't learnt to control itself in any way, nor has it been able to understand why it is being 'punished' by the apparently motiveless ejection.

Outside, it will piddle and poo everywhere, without a sense of cleanliness which would be engendered by simply removing the solid matter to a chosen spot in the yard. An older dog would automatically poo in the furthest part of the yard, showing the pup by example. The 'orphan' pup can easily be shown the same thing by 'pooper-scooping' the matter to the chosen spot – the pup will tend thereafter to go to that spot for its toilet.

These simple and easily imprinted habit changes are essential if you are to get maximum reciprocal enjoyment with the dog – otherwise its annoying and destructive behaviour will force even the most loving owner to reject the poor creature, thereby compounding its problems. Once you understand why the older pup behaves so badly, you can begin to modify that behaviour to bring the pup further into your human society. Make no mistake, a dog cannot be happy and healthy if it is left outside alone for extended periods i.e. all day and most of the night. Even if it is brought in after tea and is allowed to sleep inside at night, this will alleviate the desperate boredom it suffers during the long, lonely day (working dogs excepted).

If you have acquired an older pup and have limited time to spend with it, you have to gain maximum benefit from the times



you are with it. Be clear in your own mind before you begin to 'civilise' your pup exactly what sorts of behaviours will be acceptable. As a general rule, jumping on the furniture is out, jumping up on children and guests is out, chewing objects other than bones (and bones should be eaten outside of course) is also out, rummaging in the rubbish bin is out, piddling and pooing inside is definitely out and greediness with food is out. Behaving quietly inside is in, waiting patiently to receive food is in, sleeping where allowed is in and basic obedience is very much in.

First, a word about diet. There is an enormous amount of junk food for dogs on the market. Canned food is a no-no if a healthy pet is your aim – and I mean a healthy pet into old age. Feeding slushy pap to a dog which is quite capable from a young age of digesting meat, fur and bones is a recipe for longterm problems. The teeth are the first casualty: some can-fed dogs lose their teeth at an alarmingly early age; others suffer tartar and gum disease – manifesting as bad breath most commonly – until they too lose teeth. Simply, the teeth are rotting in their heads for the same reason they'd rot in ours if we lived on porridge: lack of exercise and imbalance in the diet. When a dog is able to tear at meat and chew rib bones (once a week will suffice – constipation can result if too many bones are fed) his teeth will be white and strong until he is at least 5 or 6 – even to death if we examine them every now and again and brush at the gum line with a little salt on the toothbrush.

Dried food is pap minus the water, if you ask me. The teeth receive a little more exercise but the digestive tract will suffer, causing flatulence, smelly droppings and a sluggish system. Dried food is convenient for us and very busy people should make use of this coloured, salted, flavoured and pre-digested rubbish if they wish, but a simple diet of soaked rolled oats and whole pieces of ox-tongue (a modification of the 'Natural Rearing' diet) is as simple to prepare and infinitely superior to canned or dried 'food' as to be a viable alternative. Ox-tongues can be had for a dollar fifty at the Vic. market. A rottweiler-sized dog eats one per day, with a fast day once a week. A beagle-sized dog will receive up to half of one per day, relative to its size. Better by far to underfeed slightly than to bloat the pup and cause it to be a glutton about food. Other than the oats (soaked for at least 3 hours and preferably overnight with water to just cover, or water/milk) and the tongue, a dog may receive 2-4 Bonios or Go-Dog biscuits (the

simpler the ingredients the better) and crushed garlic, rolled in butter and fed as a tablet would be, inserted into a chunk of meat, several times a year during a waxing moon. It's not voodoo to feed such medicinal doses on the growing moon – simply, the worms in the gut are on the move en masse then and most susceptible to garlic, which also discourages fleas. (Garlic is also excellent for horses and cattle, we've found, crushed and added to grains.)

Back to training: repetition and reward are the surest ways to reap a speedy reward from your untrained older pup. At first, the pup will seem unfocused – its attention is all over the place, and it may seem to be deaf for all the notice it takes of your voice. This is natural given its earlier neglect and can be most readily overcome by using a portion of a crushed dog biscuit to draw its attention to you, so that you can then imprint your vocal command using the food as a reward – at first, even when the pup is 'made' to do something.

For example, when teaching the pup to 'sit': draw the pup's attention to you by using the small piece of biscuit as a 'magnet'. Hold it just above the pup's head so its nose is drawn up and its rear-end is close to the ground. Push (easy does it – don't squeeze or force the hips) its bottom to the ground, saying 'sit' distinctly and immediately give the biscuit and a pat. 'Good dog' is a vocal reward which every dog understands and enjoys as much as the food. Within a very few repetitions the dog will no longer require the push as you say 'sit'. Even if it ignores you at first, simply continue to hold the food reward aloft until it obeys, then reward generously. This simple technique requires but a few moments in a day to imprint and may take several days to a week to become automatic in the pup.

Signs of resistance to your authority would include growling when you push its behind, diving after the food persistently and biting at the hand. When these signs persist after the first few days, you must confront your pup in order to show it that you are the dominant one in the relationship. Far from being nasty or cruel, by defining your relationship clearly you will allow your pup the luxury of understanding its place in your 'pack'. Choose the moment for confrontation and make sure you have the time and energy, without distraction, to follow through until the pup relents. Perhaps the pup is greedy with food – this is often the case with untrained older pups because food may have been the one bright spot in many long, lonely days. Use meat for this example as meat tends to be the most highly prized food and therefore much sought after. Put the food in the dog's bowl at its normal tea-time and as the pup dances about and jumps up, ask it to 'sit'. If the pup sits, feed immediately and do not worry – it's only if the pup (despite previous efforts) refuses to acknowledge you and jumps for the food that you should consider a confrontation. Wear gloves if tender-skinned, otherwise exercise caution.

You are about to teach the pup to 'wait'. This exercise requires the pup to sit (or stand) until it is given permission ('okay') to eat and it is the first step for the older pup in learning self-control. The owner holds the food out of reach of the pup and using the free hand as a barrier, asks the pup to 'wait' in a clear, firm voice. The pup ignores you and dives for the food. Push the pup's chest back and repeat 'wait'. With a dominant, unruly pup its reaction is likely to be to jump through your restraint or to defy you by growling and/or biting the restraining hand. Give the pup a fair chance by clipping it across the nose

and saying 'no'. ('No' should be the first word it learns, apart from 'good dog'.) Brutal force is unnecessary here: two fingers lightly rapped across the nose and a firm voice are usually quite enough to deter even dominant breeds like dobermanns and rottweilers. Sometimes it is the little dogs that are the most aggressive and their biting nips can be painful. If the pup refuses to be deterred, repeat the push and 'wait' command and passively insist the unruly pup stand or sit in one place until you are ready to feed it. The pup may struggle, growl, bite, or all three. You must passively hold it down until it desists. There is no need to get angry or to smack it unless it is aggressively biting at your hand, in which case a smart rap over the nose and 'no' should be effective – if not the first time, then the third, fourth or fifth time. If the pup manically refuses to behave, remove yourself and the food and leave the whole matter until an hour has elapsed. Then repeat until the pup draws breath, settles back and actually waits a moment. Don't expect miracles – if the pup waits without jumping, crying or barking for even 15 seconds, good enough, pat him and feed him and leave him alone to digest the meat and the lesson.

Teaching the pup to sleep in an appointed place can require a confrontation or two to resolve as well. You have arranged for your pup to be warm and cosy by supplying a sheepskin for it to sleep on. Believe me, dogs love sheepskin beds and larger breeds need several to protect their limbs and joints from the hard ground. Even carpet isn't soft enough for the large breeds. Sheepskins will encourage the pup to seek the bed and also be conducive to its sleeping peacefully. This is a simple thing, but an easy way to show consideration for the pet.

At your bedtime take the pup to its bed, place it in and say 'stay'. Every time you use one of these commands and teach it to the pup it will remember it and respond to it under different circumstances. Hence, teaching it to 'stay' in its bed will help teach it to 'stay' elsewhere. The pup may well ignore and struggle to get out. Once again, passively insist on it staying in the bed by holding it back with your hand. Repeat until it gives up and lies down. Don't go away too far – it will duck out after you if you do. Wait nearby (within arm's reach) until it makes a move, then repeat 'stay' and hold it in the bed. You may have to repeat this several times and defend yourself from biting as it struggles to get free. Essentially, the pup has not yet acknowledged your leadership role but each step is further reinforcement. When the pup actually does give up, it will prepare itself for sleep and within moments it will be asleep. You have begun to teach it to control itself and it has learnt 'sit', 'stay' and 'wait'.

The other vital lesson in these first few days is 'outside for piddles'. The pup is most likely to want to piddle just after it has awoken from a nap, after a play, after meals and then when you least expect it. If it is spotted piddling, a screaming bellow is quite an unnecessary reaction, liable to give the spouse a heart attack at the least. Take the pup bodily outside with the stern injunction 'outside for piddles' and leave it out for ten minutes at least. The pup has already done its business inside so there's no point waiting for it to produce outside. When it has awoken from a nap take it outside immediately, wait with it and repeat 'piddle, piddle' until it produces the desired result, then praise lavishly. If standing around repeating 'piddle, piddle' doesn't sound like you, try whistling or some other cue so that the pup learns to associate the word with the action. It

is smart enough to understand, usually within the week, that the proper place for toilet is outside.

Note here that the older pup may seem to be stubbornly resistant to change in this critical area. What we can forgive in a seven week old puppy is not so easy to overlook in the older pup, particularly when they 'sort of' learn what you want, but appear to revert to old habits regularly, despite your best efforts. Patience is worth exercising at this juncture since the pup really needs to make a firm distinction between the 'inside' world and the 'outside' one – previously, it had the free run of its lonely domain and nobody told it where to go or when. Now, almost overnight, you want the pup to suddenly understand that not only must it not do its toilet inside but that the back doorstep is out of bounds too. This sort of discrimination is by no means beyond the pup but it may take a little longer for you to overcome its previous experiences. Again, force or the infliction of pain are not necessary and may impede progress by causing fear and mistrust in your pup. Cleanse soiled areas with a little Castile soap followed by a rinsing wipe over with vinegar to eliminate odour which would draw the pup back there.

'Wait', 'stay' and 'piddle' are good early lessons to teach your older pup and take a few moments a day to reinforce. Another handy command is 'out'. This can be taught during a play session and later used to stop the pup chewing the wrong thing or to assert your dominance at feeding time. More of this aspect later. Most pups enjoy a tussle with a scrap of cloth or stick and playing like this can tire a pup out before its bedtime – very handy especially with 'night owl' pups who tend to be active after dark. Toss the stick, the pup will race after it and mostly will bring it back if suitably encouraged. When the pup returns to you place two fingers in either side of its mouth to prise the jaws open and say 'out' firmly as you take the stick. Throw and repeat. It should not take too long before the pup begins to understand that 'out' means to drop the stick for you. You will find that when it picks up the wrong thing, you can use 'out' to have the pup drop that object. Reward such behaviour.

At mealtimes when the pup is young and then randomly for the older dog, merely to underline the required behaviour, you can then use 'out' to insist the dog give up its meat to you. This simple act reinforces your leadership and the dog need not be anxious about its food since it knows it will receive the meal – when you're ready. The unruly pup will growl and try to prevent you from taking its food when you command 'out'. Again, and being extra careful to avoid nips, grasp the jaws and prise them apart, saying 'out' as you do so. The food can then be returned to the pup almost immediately, so long as the pup doesn't try to jump all over you for it. The 'wait' command can be used if this is the case.

In all cases, heavy-handedness in terms of a loud voice or too much force, causing the pup to cry out, is unnecessary and self-defeating. The key approach is calm determination laced with plenty of encouragement when the pup is behaving well. It is not necessary either to train the living daylight out of the pup. An excess of zeal can very rapidly sour relations between the pup and you and the pup has a limited attention span during which maximum learning takes place – longer than a few minutes and you risk chronically confusing and boring your pup as it struggles to please you again and again.

Training the older, badly behaved pup can be most rewarding as it gradually learns to control itself and to live happily within your rules. All lessons are basically the same – only the key command word changes. This pup has learnt 'sit', 'stay', 'wait' and 'out', as well as 'no' and 'okay'. Refinements can include 'down', 'go back', 'heel', 'speak up', etc. Using the basic framework for learning established here you can practically teach your pup to read if you have the inclination – otherwise, these basics will suffice to produce a pup that is a pleasure to have around, rather than the terror you arrived home with a week or so beforehand. Remember – training allows the pup to use and develop its innate intelligence, hence the less training the 'sillier' the dog, not because it is actually silly but merely because it has never had to use and exercise judgement and self-control. The reverse also holds true.

Reference

The Complete Herbal Book for the Dog revised as *The Complete Herbal Handbook for the Dog and Cat*, by Juliette de Bairacli Levy – hard to find, but valuable if you can obtain a copy.

'DORY' HOME WANTED



A most outstandingly handsome blue cattle dog of robust build and classical blue cattle dog colouring. Her manners are of stylish reservation synonymous with fine breeding. Only a gentle, appreciative and communicative master/mistress should apply to be her mate and receive the loyalty and devotion of 'Dory' – a most noble companion. So please, only sincere and gentle people reply to ease the pain of my parting.

Ring Yvonne 02-958-6667.

EVERGREEN PLANTING

Early autumn, when the worst of the heat has gone from the sun but the soil is still warm enough to promote rapid root development, is a good time to plant shrubs and trees. If planting frost-tender species do so as early as possible in the season, otherwise late autumn frosts will damage them; these are probably best planted in spring in most areas. Autumn plantings are particularly suitable for hot districts.

Front Opening Windcheater

by Sharyn Caspar, Innot Hot Springs, Qld.

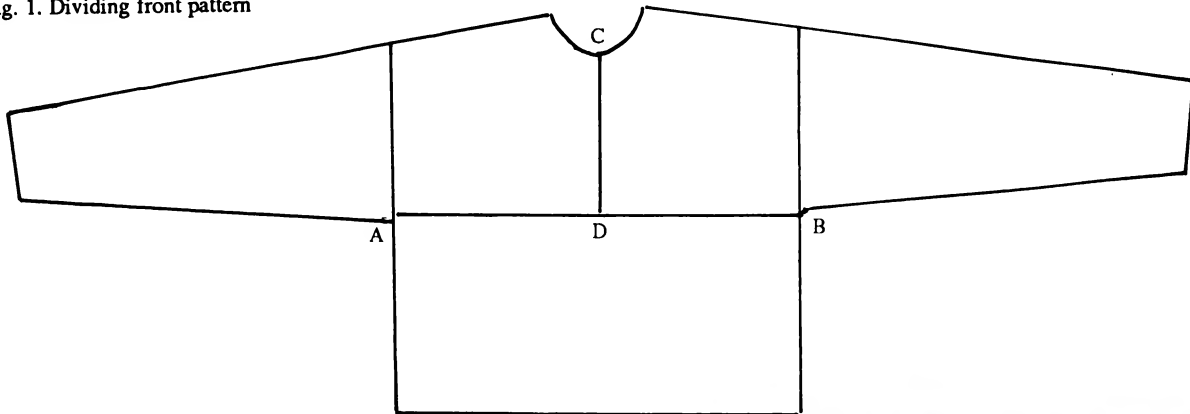
A simple front opening windcheater can be made using the basic T-shirt pattern from GR 69 and GR 70.

DRAWING THE PATTERN

Draft front pattern using desired sleeve style (see GR 70).

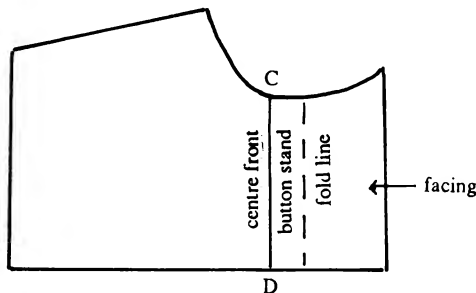
Divide front into 3 sections: A to B at underarm; C to D at centre front (diagram 1).

Diag. 1. Dividing front pattern



On centre front add 5.5 cm (2 in) – 1.5 cm ($\frac{1}{2}$ in) for button stand and 4 cm ($\frac{1}{2}$ in) for facing. Curve facing to match neck edge (diagram 2). Add seams to all edges.

Diag. 2. Centre front opening



MAKING UP

Join shoulder seams and collar to neck having end of collar at centre front – C.

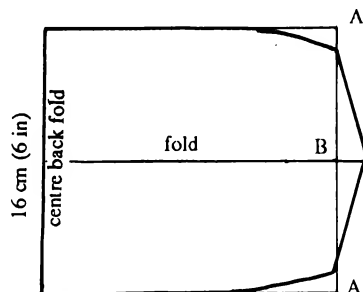
Fold facing back to outside on fold line and stitch, enclosing collar at neck edge.

Turn facing in, match centre fronts at D and stitch to bottom front section.

Add sleeves, stitch side seams and finish cuffs and hem as desired.

COLLAR

Knit collars can be purchased but a pattern is simple. Rib trim, T-shirt or track suiting, or woven fabric can be used. Make a rectangle twice the col-



Diag. 3. Collar pattern

lar width (8 cm/3 in) by half the neck measurement (diagram 3). At A measure up 1 cm ($\frac{3}{8}$ in) from bottom, down 1 cm ($\frac{3}{8}$ in) from top.

At B measure out 1 cm ($\frac{3}{8}$ in).

Join A-B-A. Mark curved neck edge from A to centre back and add seams to all edges.

BUSH POTPOURRI

Capture the unique fragrance of your native garden in a potpourri to enjoy yourself or as a distinctive personal gift. The scent in native plants occurs more often in the leaves than in the flowers, with eucalypts, tea trees, mint bushes and boronias usually having the most aromatic foliage. Many native flowers will dry well to add a decorative touch to the potpourri. Gumnuts, cones and woody fruits also add texture and interest. Spices and essential oils may be used sparingly. Spices to choose from include coriander, mace, cinnamon and cardamon and must be fresh and coarsely ground, or crumbled. Essential oils to enhance your native potpourri can be acacia, tea tree, boronia, eucalyptus or lemon-scented gum. You will also need a fixative such as wood shavings, oakmoss, or dried crushed citrus rind.

There are no hard and fast rules about ingredients. It is a good idea to stroll around your garden crushing and sniffing leaves which you think may be suitable. When you find some that appeal to you, cut a small branch of each and hang them up to dry.

The following is a rough guide only and will help you to determine relative quantities:

- 4 cups mixed dried aromatic foliage, torn and crushed
- 2 cups dried decorative flowers
- 2 cups dried gumnuts or cones
- 1 cup oakmoss or fragrant wood shavings
- $\frac{1}{2}$ cup each of dried crushed lemon and orange peel
- $\frac{1}{2}$ cup coarsely grated coriander seeds
- 2-3 drops lemon-scented gum oil

Mix all ingredients very well, rubbing oil well through the oakmoss or shavings with your fingertips. Store in an airtight jar to mature for about a month. Transfer to decorative containers.

Retailing Organic Produce

by Jeffrey Hodges, Toowoomba, Qld.

Over the last few years much attention in the organic growing industry has centred on the growers – firstly developing the expertise and products to replace chemical technologies in food production and then disseminating this information through books, magazines and newspapers to those wanting to implement more environmentally caring agriculture. However, a vitally important and oft overlooked link in the chain between the organic grower and the consumer, is the organic produce retailer – the ‘middle man’ who is often mistakenly seen to be making large profits at the expense of the grower’s sweat and toil. But there is an urgent need for more organic middle men and women and a greater appreciation and thanks due to those people currently providing this essential service to both grower and consumer. A greater understanding about some of the realities of organic retailing, in order to dispel some of the myths and provide inspiration and information for others wanting to become involved in this important work, is also needed.

So what are some of these ‘realities’? How easy is it to start up an organic food shop? Do you have problems with supply? Are there certain fruits and vegetables that are just not available organically at present? What is a fair price to pay the farmer and what kind of mark up is acceptable to the consumer? What kind of financial return can you expect? To answer these questions and get a feel for organic retailing I spoke to Peter and Cynthia Mayne who operate the Toowoomba Pure Food Centre and have been involved in the organic food business for some six years. In fact Peter and Cynthia, when they founded the Raphael Healing Foundation and Organic Food Shop on the Gold Coast, were the very first retailers in Australia to provide solely organic produce in their shop, unsupplemented by chemically grown produce. If they don’t have tomatoes on the shelf, then it makes them work harder to find an organic tomato grower, rather than give up and settle for chemically grown tomatoes and support an industry they don’t agree with – their conscience rests easier, according to Peter.

The Toowoomba Pure Food Centre is certainly testament to their efforts – anything you can purchase from a normal greengrocer (except apples at present – and they’re working on it), you can buy from Peter and Cynthia’s shop and it’s all guaranteed organic. They know all their growers personally and maintain a close relationship with them, not only to know they are genuine, but also to give them encouragement and consumer feedback. The growers need to know they are helping people and that people appreciate the sweat and toil they put into their farms. For instance, one pawpaw grower who supplies the shop put in another 400 trees because of the positive customer feedback about the quality and taste of her fruit.

What kind of price do the farmers receive for their crop? A rough rule of thumb is market price plus 10 percent with Peter and Cynthia paying the freight costs. In real terms, this means the organic farmers receive 35-40 percent more for their produce than if they sent it to the normal growers markets, where they have to pay agent’s fees, forklift charges and other sundries. That price is for top quality produce, which gives the

organic farmer incentive to keep going and produce the first rate fruit and vegetables which are so important for customer acceptance of the industry.

How many times have you walked into an organic fruit and vegetable shop and been so disappointed with the quality and freshness of the produce on display that you went away with only a quarter of what you had hoped to buy? Not so at the Toowoomba Pure Food Centre. As soon as I walked into the shop, I commented on the size and the quality of the apricots and peaches and after Peter suggested I try one – well, the taste was magnificent! I immediately bought a kilo of each, along with some excellent free range eggs, broccoli, bananas, a pawpaw, mushrooms, capsicum and the rest of my weekly vegetable groceries – all for what I thought were very reasonable prices for organically grown produce. I have come to expect the price of organically grown produce to be double or triple normal market prices, but this need not be the case. Peter and Cynthia’s prices are about the same as you would find in one of those fruit and vegetable shops that deal in top of the range fruit and vegies. This means anything from 80-100 percent markup on what they pay the farmer, to selling at cost price or even less for some produce. There is a need to be aware of the current market price for each item because of customer awareness of the going price and, while people are willing to pay a little more for organic food, you will not establish longterm customers if your prices are too expensive. That’s the key to success in organic retailing – developing longterm, consistent custom.

Another thing the couple do is to always pay their farmers a fair price. They also try to educate the customers to understand that this cob of corn, or that pawpaw, is here for them to eat only because there is a human being out there sweating in the sun and elements to produce it for them. They praise their farmers to the customers because it makes people think a bit about their responsibility to others in the community. Rather than buying that tinned corn imported from Taiwan, encourage people to buy the fresh, organically grown corn from local producers.

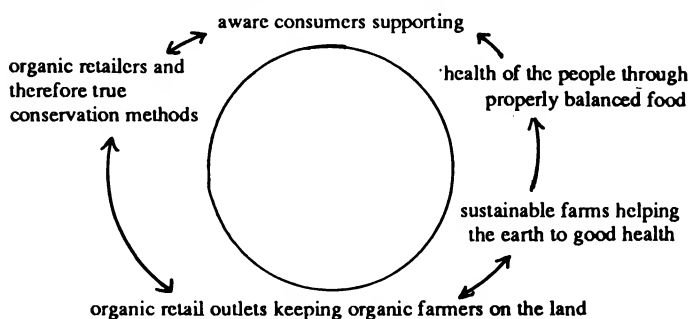
For someone starting out, what are the best selling fruit and vegetables? You have to have the heavy vegetables like potatoes, onions and pumpkin, because everyone eats them; and in fruit, apples, oranges, and bananas are the biggest volume sellers. Peter and Cynthia only make a small profit on pawpaws and tomatoes because they demand that the fruit be picked coloured instead of green (because they have a better flavour) and consequently wastage is often high on these items because of their short shelf life.

Following on from this comes some advice for organic farmers. People going onto the land and starting organic farms often think, ‘I won’t grow oranges or potatoes, because everyone is growing oranges and potatoes’. But the thing is, consumers want oranges and potatoes. They don’t want the exotic fruits that a lot of organic farmers are growing. Organic farmers would do better to grow a really good organic orange, according to Peter. A sound approach is to grow what you enjoy

growing and what you can grow well in your area. A good example of this is Bernie Hartwig from Gympie, who says that the purpose of his farm is to grow excellent vegetables. Recently, when the market price of beans was around \$14.00 a box, Bernie was sending his beans to Parliament House and getting \$30.00 a box – because his are recognised as the best beans you can buy.

Everyone has the ability to do this, provided you want to grow that specific crop you are growing and enjoy growing it. Perhaps there is an 'extrasensory' factor in it. I have seen how some farmers are literally able to draw a particular crop out of the ground because they really love to grow that particular crop. Yet if they tried to grow something else on the basis of consumer demand and their heart wasn't in it, the crop wouldn't do as well.

It's inspirational stuff. Peter and Cynthia are not only strong believers in Gandhi's principles of 'small wheels within wheels', but are working hard to create an outlet for organic produce so that more small sustainable farms can flourish. With more organic farms, the Earth will be healthier, which will in turn lead to healthier people (see diagram below).



Peter and Cynthia hope that in the not too distant future every town will have a shop like theirs – they are willing to help any sincere inquirer where they can. Despite this, they wouldn't like to see organic produce in supermarkets. They believe that supermarkets have taken all the little shops out of our suburbs and have little commitment to training young people, customer service, or care for the producer. They are strong believers in small business because they see small business as being more responsive to the consumer and more people oriented. If there is a golden rule in the organic retailing business, it would have to be a commitment to genuine customer service. Peter learned this as a lad in the 'old days' when service was the main feature of retail business. Yet there are other things that make Peter and Cynthia different, like their insistence that their growers and suppliers are paid as soon as possible – not 'on 30 days' as some retailers do. The growers often need that money to pay for their next planting. Their attitude towards accepting cheques is that if a person wants to pay by cheque, they accept it. If the cheque were to bounce, they take the attitude that the person must really need that food. Their view is that they're dealing in food, not money, it's a life supporting commodity, so it's got to be handled differently.

What are the customers like? The very best! says Peter. They don't even have to think about a loss to thieving because it happens so rarely. People who eat pure food have a better thought pattern and attitude to life, they feel, and this shows in their behaviour. The few that aren't the best, after they're eaten the food for a while, become the best! They've seen children

come in hyperactive and after a few weeks you wouldn't know them.

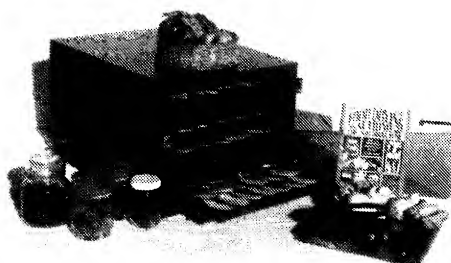
The tips for someone wanting to start up their own organic food shop are that firstly you need to have good people skills and a good disposition to handle the ups and downs. It can be very demanding and without much financial return in the beginning. Also, because a lot of money comes in and a lot out – Peter and Cynthia average \$3000 turnover each week – you need to be meticulous with your bookwork. The criteria for selecting a site are also different from those for normal retail shops. You need to have easy parking and access, not only for delivery of goods, but also the type of customers catered to most are mothers with young children. It is important that they can safely leave their children in the car if necessary and still see them from the shop. Also, when you advertise, rather than advertising a 'special', make it more like an awareness campaign – a basic message that people now have a choice to buy organic fruit and vegetables if they want.

Finally, there is the commitment to organics and willingness to put in long hours, particularly in the early stages. While they are not making a fortune, business is beginning to pick up and Peter and Cynthia believe that organic retailing is growing and the road will get much easier and more profitable over the next few years. But it needs more people – more organic shops –and if you're genuinely motivated to start an organic fruit and vegetable shop in your town, Peter and Cynthia are willing to help with advice where they can.

Contact Peter & Cynthia Mayne at Toowoomba Pure Food Centre, Shop 5 Centre Point, 323 Ruthven St, Toowoomba 4350. Ph: 076-391-811.

Jeffrey Hodges is author of the book *Natural Gardening and Farming in Australia*, available for \$25 from him at 6 McLeod St, Toowoomba 4350.

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INSIDE THE ANNEXE

ALTERNATIVE SCHOOL IN SOUTH AUSTRALIA

by Beverley Paine, Yankalilla, SA.



Children at the Yankilla Community Annexe enjoying the activities of a visiting clown.

Alternative education takes many forms and means many different things to people. For some it involves total commitment with home education. Others look for more traditional or religious alternatives and yet others look for a less structured, child-centred education within existing institutions for their children.

The Yankalilla Community Annexe falls into the last category. A small alternative class attached to the Yankalilla Area School, situated one hour's drive south of Adelaide in an area enjoying rural and coastal views and lifestyles, caters for the needs of families who wish for greater involvement in their children's education and who seek a different approach to education than is available elsewhere.

Many people are drawn to the Annexe from the city, wishing to combine an alternative, more self-sufficient lifestyle with suitable educational requirements. Outside of the city, alternative education is severely restricted and the cost of private education often prohibits families from enrolling in the few recognised alternative schools established. As part of a State Area School, the Annexe offers education accessible and affordable for all.

The Annexe is a non-graded class with the children following individual academic learning programs, grouped together at times according to age, interest or ability for some activities. Children between the ages of 5 and 12 enjoy the natural social structure of the class, often including adults and younger children. As a result unnecessary peer group pressure

is reduced, with children benefitting and learning from each other and from their individual and joint experience.

While the Annexe is an integral part of the Area School and enjoys access to the benefits and resources of the larger school community, it is physically separate and in most ways independent. Situated across the road from the main school complex the Annexe enjoys a couple of acres of grounds, including the use of the historic original stone Yankalilla School buildings. These include the old school hall and classroom, two other rooms which have been renovated as wet and dry art and craft areas and the parent lounge which doubles as the children's kitchen. Outside the parents are developing the grounds into play areas for the children, including shelter shed, young and mature trees, playground and an orchard. From time to time the children are involved in gardening activities, raising tree seedlings and growing vegetables.

Sound educational philosophies are embodied in the Annexe policy which actively works towards attitudes that are non-discriminatory towards race, sex, disabilities, class and age. The children are encouraged and supported in their own creative approach to learning, whether through construction, play, language or fantasy. Play is recognised as an important and integral part of the learning process. Individual learning programs, choice, the absence of unnecessary pressures and competition, and the emphasis on self-esteem and confidence building are key aspects of the Annexe.

Children are encouraged to be responsible for their own learning, recognising the unique abilities and interests of each child, enabling them to learn at their own pace and individual level. Learning is seen as a continuous life-long activity and the Annexe aims to promote and develop positive attitudes and skills to facilitate this in the children.

Parents are an integral part of the children's learning and their educational life and participate in the Annexe in their own chosen way. The parents of the children in the Annexe have an extraordinary interest in the education of their children. Coming from many different social backgrounds these families form a close community within the class, offering diverse talents, energies, skills and interests which enrich the life and program of the class. Parents may become involved by offering to take the class for electives, sharing skills, organising activities, assisting staff and students with their academic programs, fund-raising, providing transport, taking care of the Annexe environment, and so on. All parents are members of the Parent Council, which meets at least monthly to determine all aspects of the running of the Annexe, from planning educational themes to camps and policy. The parents, staff and children jointly share the responsibility and resources for the planning of new procedures, processes and programs, and for the development and implementation of curricula.

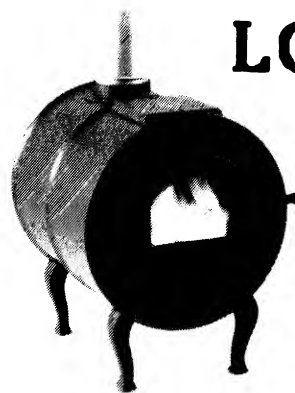
A typical day commences with the children sharing each other's experiences, followed by concentration on individual learning programs in the academic curriculum areas, or group learning. After recess the children are free to follow up interests of their own, or participate in organised theme activities. Parental assistance and involvement is essential to allow the children wide choices of activities and often staff from the main school expand the children's educational experiences. Gym, library, music, drama are examples of areas enriched by the involvement of adults other than the teacher. The atmosphere of the Annexe is relaxed and friendly, with each member valued for their contributions and existence. Although the class is primarily a place for the education of children, the Annexe community sees education as a natural extension of the learning process and the close community atmosphere experienced in the classroom extends to wider social activities.

As a result of the total and complete participation in the Annexe by all members of the Annexe community, including the children, in areas of decision making, the Annexe achieves a truly alternative education, not only for the children but for everybody involved.

People interested in enquiring further can contact the Annexe, C/-Yankalilla Area School, Yankalilla 5203. Ph: Mandy 085-582-074 or for a more personal contact any of the following parents: Jen Kay, 085-588-384; Carol Jones, 085-588-280; Coral Davidson, 085-985-327; Beverley Paine, PO Box 371, Yankalilla 5203.

SEAWEED SOIL CONDITIONER

Seaweed can improve the texture of clay soils and act as a general soil conditioner. It also contains plant foods including many of the minor elements. Although weathered seaweed may be dug into the soil immediately after collection it is better to compost it first. Layer it with other garden waste and soil in a compost bin or heap and allow to rot for several months. It may be preferable to hose seaweed thoroughly before use in order to remove the salt.



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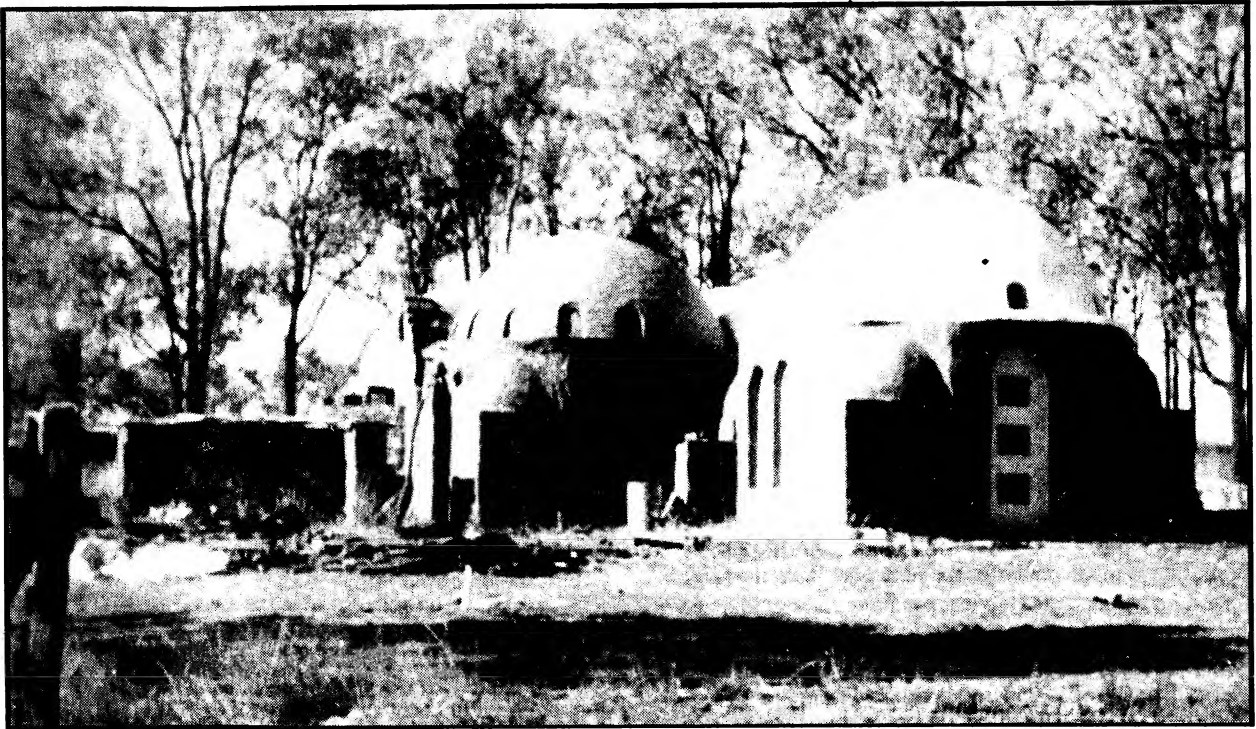
The **HOT DRUM NEWS** also has information on water heating, fireplace conversions, central heating, installing a flue, and other hints for all wood burners. Also learn about **TIN-CUTTER, 'The 44-gal Tin Opener'**. Designed for cutting 44 Gallon drums, it also slices through roofing iron as if it were paper. A very useful tool for any handyman.

Write to - HOT DRUM, Box 3(G), Maleny, Qld, 4552.

Dealer inquiries invited.

The Efficient Mud Brick

by Bernie Kath, Mundubbera, Qld.



I shored a sheep once. I used a motor driven shearing plant (before the wide comb dispute admittedly), which seemed to me to have a mind of its own every time you moved it. I was in a sweat by the time I had caught the sheep and after about fifteen minutes, with the sheep dripping blood and with bits of long fleece still on him, I could say the job was done. Multiplying that by 4 x 8 hours would have given me 32 sheep shorn in a day! Jackie Howe sheared 365 sheep in a day in the days of hand shears!

Part of the maturing process of any industry entails the establishment of efficiency and performance standards of the various works involved in it. This article deals with my sun-dried mudbrick production and handling. My first experiences with adobe construction came when I decided to build my first 2-bedroom house in 1984. I tried various soil types around our 240 ha (600 acre) farm situated on the Burnett River near Mundubbera, Queensland. Several of the soil types proved to have a too high clay content and the bricks, from a mould which I made with 45 cm (18 in) plate steel measuring 125 x 250 x 375 mm (5 x 10 x 15 in), cracked to the point of disintegration. Some of them proved good and strong however, without the addition of straw. I decided to settle on a material with a fair amount of gritty stones up to about 20 mm ($\frac{3}{4}$ in) square, which dried firmly without cracking. I had to use only about the top 250 mm (10 in) of soil as deeper down the clay content became too high. I mixed the soil and water with a 3 point linkage blade on the back of a tractor and soon found I could make up to 150 bricks in an 8 hour day by myself. I was quite satisfied with this because all the literature suggested that 100 bricks per day was fairly good going.

I soon discovered that the transport of the bricks from the making area to the building site (about 500 m/1600 ft) was almost as time-consuming as the brick making itself. I improved this dramatically by collecting about 50 old pallets onto which I would stack 50 bricks each and I could move them with a cheap 3 point linkage fork on the tractor and take them to within a metre or so of the walls I was building. With the bricks off the ground like this they can also dry further in that way, thus avoiding the massive handling time which I have seen on other building projects where they seem to stack and restack them under a roof several times before the bricks are actually laid. By the time I had finished making the bricks for my first house (which took about 4500 bricks) I had further improved my brickmaking efficiency to the point where I would make 300 bricks per day on my own.

After reading *Architecture for the Poor* by Hassan Fathy, as well as another couple of books, I embarked on a larger project of a house for my family, comprising a cluster of mudbrick domes and vaults similar to the Egyptian and Nubian styles. This project would require in excess of 50,000 bricks. We plan to move into it in a few months even though only about two thirds of the living area is completed. Because of the large number of bricks required I decided to try to improve my brick making further as this would have a great bearing on the speed of completing the project. I can now make 500 bricks 400 x 200 x 150 mm (16 x 8 x 6 in) weighing about 20 kg (44 lb) each, or 1100 bricks 50 x 250 x 150 mm (2 x 10 x 6 in) per day on my own.

My brickmaking site is on fairly level ground situated right next to a contour bank, which is used as a watercourse. By

angling the blade on the back of the tractor I smooth an area of about 30 x 5 m (100 x 16 ft). I pull the soil and grass which was there into a flat heap between the smoothed area and the watercourse. I then straighten the blade, reverse into the water and pull 5 or 10 bladefuls of water over the heap of dirt and then mix it together by driving backwards and forwards over it until the mud is thoroughly mixed and of the right consistency. This is judged by practice. The mud should be just firm enough so that it will not slump after it is shovelled into the mould and the mould is lifted off. I then pull one or two bladefuls of mud to within a couple of metres of where I am going to make the bricks. Only after this is used up into 30-50 bricks do I get another bladeful, adding a little water if necessary. In this way the mud is always of the right moisture content and is always close at hand. Both points are critical to efficiency. Mixing the soil up to the point where I can start shovelling into the mould takes me about an hour.

To make the big bricks I shovel the mud into the mould in two or three spadefuls. I then stamp it into the corners with a few stamps of one foot and level the top off with the spade so I don't get mud on my hands and thereby on the spade handle. I then lift the mould off and dip it into water, which is close at hand, after every brick or every second brick and place it next to the brick I have made ready for the next one. With the mixed mud at hand I have made 90 big bricks in one hour in this way. With the small bricks the process is similar but I only use my hands with them as I can pick up enough mud for a brick in one handful. I have made 250 small bricks in one hour in this way. My detailed explanations may seem mundane to some readers but I have spoken to many people who have built a house laboriously, making 50-100 bricks per day or even less. I have also heard of a contractor using an expensive machine plus a backhoe with two men producing 400 bricks per day, each brick about the same volume as my 400 x 200 x 150 mm (16 x 8 x 6 in) and charging \$1 per brick!

The performance figures I have given represent bricks made i.e. freshly made and sitting on the ground. Two or three days later depending on weather, when the large bricks are firm enough to stand on their ends, I go along and stand them all up to sit on a 150 x 200 mm (6 x 8 in) surface to dry more quickly and while doing this I use a small flat trowel to trim up the base of the brick where sometimes the mould has been slightly above the ground when the mud was shovelled in. If this is done while the mud is still moist it is a quick process. I can stand and trim 300 large bricks per hour. I don't find it necessary to do this with the small bricks. They just sit out for anything up to a week and then I stack them straight onto pallets.

Our area has an average rainfall of 700 mm (28 in). In addition (fortunately for me!) we have had relative drought conditions for the past year or two. Areas of higher rainfall will obviously suffer some loss of bricks and/or damage by rain. This affects the efficiency not only of brick production but also that of the building process itself, especially if mud rooves are used as well. It is evident that on the construction of a large house, even if a conventional roof is used, when the cost of labour is taken into account the efficiency of brick making and handling is a very important factor affecting the cost of the whole building.

THE CHOOK GARDEN REVISITED

by Ken Robertson, Edmonton, Qld.

For those wishing to know how our combined chook garden went (GR 74, p 25) we had a bumper crop this year – Grosse Lisse tomatoes, wong bok until we were turning Chinese, great sweet corn and beans (good companions) and lots of other varieties. Our 2 dozen laying hens, bought as year old culls at \$1 each, produced enough eggs for us and we sell enough to pay for all their mash plus mash for a clutch of 11 ducklings and for one pig. The ducks and pig are for Christmas and we will soup the hens after one year.

On Saturday we go to the market and bring home a van full of scraps. These are fed straight to the poultry. What is not eaten is scratched around and eventually composts where it lies. A great article 'Composting the Easy Way' by Jim Maxlow in GR 75 explains it fully. When I clean out the shed the extra droppings go on the bananas and fruit trees.

Because of water restrictions most of our household waste water from laundry, bath and toilet is gravitated down to the fruit trees. We are not desperate to be self-sufficient but enjoy chemical free vegies and fruit all year round, and I believe we are building up the soil while gardening it.

Last but not least my beautiful wife produced a lovely baby girl, the best crop of the year.

SPILT FAT

If you spill hot fat on the kitchen bench or floor sprinkle liberally with cooking salt. After a few minutes the fat will lift off easily with an egg slice or spatula. Wipe over the area with hot soapy water.

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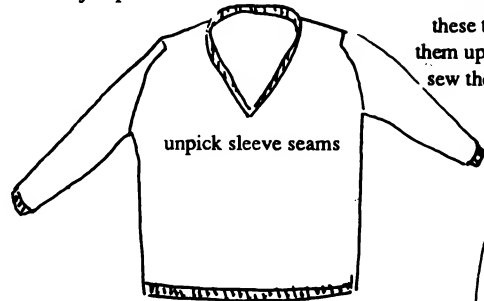
NEW USES FOR OLD CLOTHES

WARM BABY WOOLLIES

by Penelope Vos, Manjimup, WA.

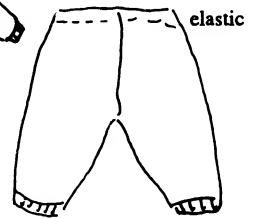
If you have a new baby and a tight budget, a desire to recycle your resources, or a wealth of beautiful matinee jackets but nothing to wear with them, you might have use for this idea. You don't even need a sewing machine to make the trousers and you could keep the middle as a sleeveless vest if you wanted. It is best to use a sewing machine for the dress to prevent the cut knitting from unravelling. Good luck to you and your babe.

Old jumper

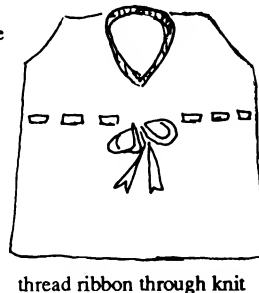
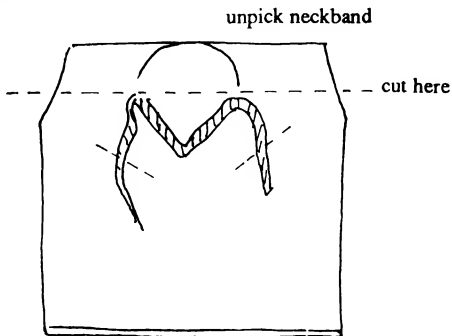


Pants

these turn out very long – fold them up, cut and hem, or cut and sew them closed for cosy feet



Dress



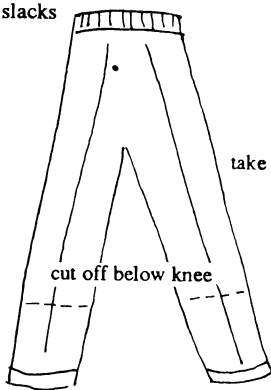
OUTDOOR OLDIES

by Marion McDonald, Howard, Qld.

Use up some of those outdated castoffs for sturdy outdoor use.

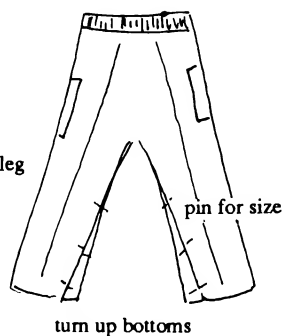
Work Pants

Old slacks



Side view

take in inside leg



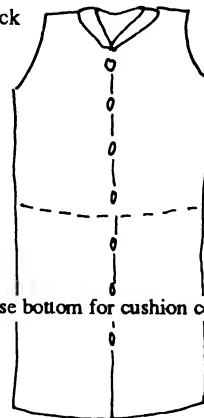
turn up bottoms

take one bottom of leg, and use for pockets, place over both side seams large pockets are very handy for hiking, gardening and fishing



Cushion Cover

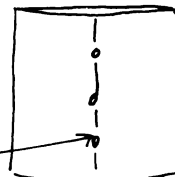
Frock



use bottom for cushion cover



straighten sides for cushion



handy for garden or boat

PESTICIDES BANNED

The pesticides aldrin, dieldrin and chlordane have been banned in the UK following tests showing that they remain in the environment too long after their use. Following consumer and environmental groups urging a ban on these pesticides because of concerns over their high residue levels in some crops, their use was to be phased out by the end of 1988, and no products containing them will be allowed after 1992.

MORE ON CHEMICAL SPRAYING

by Froulije Buwalda, Bundaberg, Qld.

I read the article about aerial spraying by Loi Lamberg in GR 73 and thought I'd write to you about our experience here at Branyan, a suburb of Bundaberg. In 1988 I built my house here, a beautiful area with trees, possums, honey birds and bush turkeys. My house is on about 0.2 ha (1/2 acre) of land, I grow my own vegetables, have a lovely garden with herbs, and my daughter Storm and I were enjoying the fresh country air – or so we thought.

After 8 months of living here everything suddenly changed. The farmer at the back started to chemically spray his tomatoes. Well I know now what it is like to sit in, smell and taste the poison from the spraying which every second night lasted for 5 to 6 hours. We have to close all the doors and windows and it still comes in. Storm started to get asthma, sore eyes, sore neck, sore throat. I developed chest pain, sore eyes, sore neck, extreme tiredness. You can actually taste the chemicals on your lips. The neighbours and I had a petition; I have been to the State Health Department, DPI, have written to the Minister for the Environment in Canberra, the Minister for Primary Industries in Qld and have got exactly nowhere. In the meantime the spraying continues. It is extremely difficult to prove you have been poisoned, so the farmer has the law on his side and keeps on spraying. The farmer claims the chemicals cured his asthma! One of my neighbours has hired a caravan at the beach as she gets too sick from the spray and cannot stay in her own home (she has a beautiful house on acreage). What can we do to live in a healthy environment, and not be legally poisoned by the farmer in the back, who grows his tomatoes chemically? I have also been told by people (who are not in the chemical spray) that it is all in the mind. If it goes on like this I will have to move out, but where do my daughter and I go next? Which area is safe now? The little Branyan State School 2 blocks away where my daughter goes to school has tomatoes growing opposite the school and guess what? Yes, they spray them too. Following is my list of the times the farmer sprayed during part of the past year or so.

SPRAYING TIMES AND EFFECTS

15-12-88 5.45-6.30 am.
16-12-88 8-9 am. Rain and wind.
28-12-88 6-10 pm.
1-1-89 10.45pm. Very windy.
7-1-89 6.15-11 pm.
8-1-89 6 pm.
15-1-89 5-7.30 am. Strong SE winds.
16-1-89 Went to Health Dept (got nowhere).
12-2-89 6-10 pm. Very strong SE winds.
16-2-89 5 pm. Cyclonic winds.
20-2-89 5 pm. Very windy.
23-2-89 5-7 pm.
24-2-89 5 am-3.30 pm. Very chemical smell. Burning eyes, sneezing, sore throat, chest pain.
26-2-89 7 pm.
27-2-89 6 pm till after 11 pm. Very windy. Coughing, feeling crook generally.
1-3-89 Windy.
2-3-89 9-11 pm. Very chemical smell.
3-3-89 Storm coughing; me, awful headaches and sore throat.
6-3-89 5 pm till after 10 pm. Very windy.
9-3-89 Chemical smell. Storm and me – sore in the back of neck and phlegm in throat, feeling unwell, headaches.

10-3-89 8.30-12 pm. Tomato spray. Very strong smell.
14-3-89 6-10 pm. NE winds blowing away from us, so no smell.
18-3-89 Rainy weather. Storm woke up sneezing at 5 am.
20-3-89 4.30 pm. Very windy. Tomato spray. Felt sick all night and had headache.
21-3-89 Still feeling sick and had chest pains.
22-3-89 Spraying at night. Storm, funny throat; me, chemical taste in mouth and sore eyes.
Easter: not home.
Easter Monday 9-10 pm. No wind.
29-3-89 4.16 pm. Spraying a chemical (very strong) in wind. Rang the Health Dept at 4.34 pm. Mr M Pryce came at about 4:56 and set up a thing in garden – to measure spray drift?
Rain for 3 days – beautiful fresh air.
6-4-89 8.10 am till approx 12.00 noon. Cyclonic winds. Sick as a dog. I had sore chest, funny throat, went to doctor for blood test.
Rain.
7-4-89 4.30-8 pm. In pouring rain.
11-4-89 5.30-9.30 pm. No wind. Awful smell, chemical taste on lips, runny eyes, sore chest. Felt worse than before.
15-4-89 4.30 pm. Windy.
17-4-89 6.10 pm till late – after I went to bed.
20-4-89 6.30 am. Still an awful smell, cannot open doors or windows. Felt awful all day, headache, sore eyes, sore throat.

There was much more of the same sort of thing, both before and after the dates I have listed here. I have written all this in the hope that someone has some good advice for me and other people in the same dilemma. Also, the more there is written about it the more people start to realise that there is a problem with chemical spraying. Good health to you all.

POSTSCRIPT: Six months after the article was written we received from Froulije 'a short note to tell you that my chemical spraying troubles are over at this moment. The farmer has planted cane where the tomatoes were and shifted his tomatoes to another farm, which of course is very good for me and my daughter Storm – but not for the people who have the problem now.'

STRONG TOMATOES

Tomato seedlings get off to a strong start when all the leaves along the stem are removed except the last large one and the terminal rosette. Bury the entire plant almost to the top in rich soil. Roots develop on the stem making a sturdy plant.

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NEW PINEAPPLES FROM OLD

by Joy Williams, Larnook, NSW.

Since moving to northern NSW from Melbourne 5 years ago, we have experienced great satisfaction and enjoyment growing fruits and vegetables in this wonderful subtropical climate. We've also enjoyed overcoming the not so wonderful range of insects, bugs, viral diseases, small burrowing animals and fruit loving birds and bats. One fruit that even the wallabies and fruit fly leave alone is the prickly pineapple. We now have a steady supply of these luscious, sweet, sunripened fruits, with no monetary outlay. We found little information on the garden growing of pineapples, so thought readers may be interested in what we have learned by experience.

We started out with just the tops from the small pineapples of all varieties that we bought to eat. Don't be put off by the long time it takes to produce the first fruits from these tops. We have developed an easy ongoing planting method that ensures a continuous supply. Just twist the tops off and put them aside in a cool dry place. When you have the time, weeks or months later, pull off the lower leaves to reveal tiny rootlets. These tops can simply be planted into well prepared, rich, slightly acid well drained soil, but as one seldom has a place prepared in advance, I found potting them was the answer. They will stay happily in the pots for 6 months or more, in a warm sheltered spot. Use wide shallow pots, or small tops may fit into margarine containers. Place a layer of charcoal or gravel in the bottom for drainage, then a light garden soil. Top with sawdust. Make a well in the centre and push the pineapple top in firmly. Leave until ready to transplant, and keep moist but not too wet. It will make healthy green growth from the centre.

FOX PROOF CHICKEN DOOR

A piece of old farming lore which may keep the foxes out of your hen house is to hang chain across the pop-holes. The hens can hop over or crawl under but the fox will be suspicious of the loosely hanging chain, especially if it is occasionally dipped in creosote.

FOXES STILL CAN'T FLY

by David Locke, Ferny Creek, Vic.

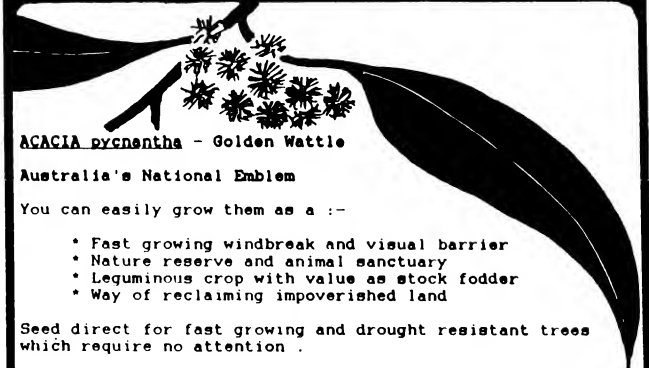
The chook protection system I described in GR 75 ('Foxes Can't Fly, p 62) continues to work well as all around us are losing chooks to hungry foxes. I had to 'droop' the entry perches eventually, too late to save my favourite broody hen who decided to roost on an entry perch one night. It really only takes one mistake/oversight to lose them, the foxes must check every night. Chicken shed mark 2 is going to be situated on top of the compost bins to eliminate the nasty cleaning out chore. After I've given that a go I'll send you another report. One problem now is what to do with the dear geriatric chooks, which comprise my present stock, after the Light Sussex rooster and the hens have produced some offspring. Also we have acquired a gosling!



Pineapples love heat and a sheltered well drained position. They will withstand dryness, but will progress better and faster if kept watered. Any good soil enriched with compost and manures is fine but do not use lime or dolomite. They also dislike cold winds. When you are ready, plant out firmly 25 cm (10 in) apart in single rows, or any suitable corner, and mulch heavily. Keep them as weed free as possible, which is difficult if they are not in single rows. Apart from occasional watering, weeding and remulching when needed, just forget them for about 2 or more years.

Suddenly you will be delighted to find a tiny pine forming on a stalk in the centre. Then the pineapple is covered in tiny blue-purple flowers. Each small segment of the skin is a flower. The fruit grows rapidly, and so do the suckers. After cutting your ripe pineapple, look for a strong shoot at the base of the plant. Leave this to grow another pineapple, which should be ready in about 18 months. If more than one sucker appears, pull off and treat as for tops, but they will produce sooner. When your plants need feeding, and they don't when they are obviously growing vigorously, apply fertiliser, blood and bone, chicken manure or liquid manure to the base leaves and close to the stem only. Pineapple plants are best dug out after the second crop.

If you have been potting and planting on a regular basis, after the initial long wait you will have a steady supply of fruit, mainly during the warmer months. The more vigorous and well grown your pineapple plants, the sooner they will produce.



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Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them in to Livestock Advice Page, Grass Roots, PO Box 764, Shepparton 3630.

I would like some advice on the management of cattle without resorting to chemicals – natural solutions to the fly and tick problem, mastitis etc. So far we have managed as much as possible without chemicals but on these issues we fail miserably. If anyone can help with any or all of these problems it would be greatly appreciated.

Cheryl C Tonkin
Cairns 4870.

If the cattle are bail fed, the addition of a tablespoon of dolomite (highgrade) per beast per day will control mastitis, and also reduce the incidence of milk fever, lactation and grass tetany. You may have difficulty in getting it in Cairns, and may have to rail it up from Australian Mineral Fertilisers in Wingfield, SA. For the ticks add a tablespoon per head of yellow sulphur to the ration – ticks, like lice, do not like sucking blood from animals that are high in sulphur. If the cattle are not bail fed, it will be necessary to make up a lick as follows:

- 1 bag of dolomite
- 2 kg of sulphur
- 2 kg of agricultural salt if the land is low in salt
- 1 l of liquid seaweed concentrate – if you can afford it

Put it all in a split 44 gallon drum (that has not been used for chemicals), mix the dry ingredients well with a spade, then add the seaweed concentrate combined with 10l of water and mix well. (Molasses can be added at that stage too if desired).

We are currently building a chook shed and run and need to know whether to wire in the top or not. Our main concern of course is foxes, how high can they jump?

Gayle and Ken Warren
Palmwoods 4555.

It's an excellent idea to wire in the top of a poultry run because it will protect the birds not only from fox attacks but also from hawks and goannas and prevent crows from entering the shed and taking eggs. Foxes scramble up or climb fences rather than jump, and they are quite capable of climbing a tennis court fence if sufficiently motivated. They will also go up the children's ladder to their tree house and take sleeping birds from their roosts. In short they are very smart athletic animals! When erecting the fowlyard fence don't forget to take it down at least 30cm below ground level to prevent entry through digging, and many people suggest bending the wirenetting thus to further foil these wily

predators. Perhaps readers using electric fencing for fox control can share their experiences with us. Finally, do not believe stories that guinea fowl or geese will keep foxes away – they are simply not true and both species are at risk like others of the avian family.

Several of the locals around here have told me I shouldn't keep my chooks and ducks in the same shelter but haven't been able to explain why. Am I harming either the chooks or the ducks by locking them up together at night? They free range during the day.

T Mather
Bawley Point 2530.

There are several reasons why ducks and fowls are not compatible. Ducks splash a lot when drinking and need to immerse

their entire head so as to clean their nasal passages and eyes. This usually creates wet and muddy areas around the drinker which can become breeding grounds for disease, especially when you bear in mind that ducks have quite wet droppings which would further exacerbate the situation. This grot can be carried into nests by the hens' feet and dirty the eggs. If salmonella organisms have developed these pass into the eggs via the porous shell and cause severe health problems. Ducks unlike fowl dilute their food with water and some of the food invariably ends up at the bottom of the drinker and quickly sours the water in hot weather. Whilst adult ducks are hardy and suffer fewer diseases than fowl, the latter are placed at risk if they drink the dirty water.

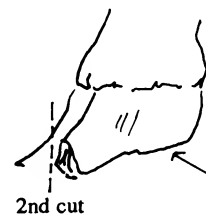
You will be the best judge as to whether problems are being created by running two species together. Precautionary measures could include ensuring there is fresh water available for the fowls outside the house, and that you add crushed garlic to it once a week. A wooden gridlike platform under the drinker would prevent a sloppy patch developing and of course regular turning over of the litter to see it stayed dry and sweet would help.

We've noticed the back hooves of our lawnmower – our pet lamb – have become overgrown and wondered if we could trim them back to the nice clean finish of the front hooves. Is it difficult and what would we need for the job? Would it be a once off or could it be due to the way she walks? She is healthy in every way but we don't want the hooves growing like some local farmers' sheep which become quite crippled.

Peter & Jenny Corker
Renmark 5341.

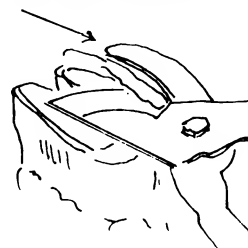
Yes, the lamb's feet can be trimmed and it is quite simple once you gain confidence and experience. You will need either a pair of garden secateurs or proper hoof trimming shears, available from most produce stores. The following illustration depicts how to do it – it is probably better to be conservative and cut off too little than to go in hard and cut too deeply.

dig out dirt and manure with cutters before you start



trim excess hoof wall

do not cut deeply into the heel



set hoof down and observe

AUTUMN SOWING FOR SCENT AND FLAVOUR

After the busy summer months when it probably seemed zucchini grew by the hour and buckets of tomatoes and peppers were bottomless, the quiet of the autumn garden is greatly appealing. Being able to potter about and do inconsequential jobs and have time to commune with nature is restorative after the hustle and bustle of summer growing and preserving. Of course there are many jobs waiting to be done but the pressures of keeping up with the watering and the crop harvesting are no longer present. There is seed to be sorted and stored, spent annuals to be pulled out and composted, perennials pruned and mountains of vegetative matter and fallen leaves cleared up to prevent insect build up. If you have fowls now is an ideal time to clean out sheds and fertilise resting garden beds. And autumn is perfect for putting order into the herb patch and adding a few more of the perennials you've been wanting for years.

PERENNIALS FOR THE HERB GARDEN

You can obtain perennials by dividing existing clumps, by taking slips or sowing seed. It is certainly easier if you can obtain a small clump from a friend but if this is not possible your favourite herbs can be grown by setting some slips in damp sand/soil mixture or planting a packet of seed. Some herbs suitable for growing now include:

Catnip (*Nepeta cataria*) cats love this plant, bees seek the flowers out and a tisane made from the leaves is soothing for upset tummies and bronchial ills.

Coriander is frequently called Chinese parsley, the young leaves making a delicious salad accompaniment. Seeds are strongly aromatic and used in cakes, breads and meat dishes. Sow only in warm climates.

Bergamot has exotic flowers and lemon scented leaves which can be added to normal tea for a refreshing flavour.

Pennyroyal is a must as it has outstanding insecticidal properties, including repelling fleas. This is a carpeting herb and will excel in damp places.

Self-Heal (*Prunella vulgaris*) is not a common herb but is important because of its healing qualities.

Tansy is another aromatic herb known for its insecticidal properties. It discourages insect pests in the garden, can be dried and used to repel moths and is a popular herb with spinners who use it for dyeing wool.

Wormwood grows into a tall woody bush over the years but it is nibbled by goats and sheep and even poultry. Another aromatic, it too is known for its moth repellent properties. The lovely soft colour of the leaves is unusual but attractive.

GREENS FOR WINTER

Although most of us enjoy the brassicas in winter and perhaps a little spinach and chard, it's nice to add variety to the dinner table with a completely different range of greens – the crunchy and often bitey oriental varieties. The leaves from these can usually be eaten raw when very young or used in stir fries when closer to maturity.

Chinese Cabbage – there are lots of varieties available: Pe-Tsai from Specialty Seeds, with long slender pale green hearts; both heading (Nozaki and Wong Bok) and non-heading (Kwan Hoo

Choi and Santo) varieties from Phoenix Seeds; Pak Choi, a fast grower, from Eden Seeds; and Michihli with its mild flavour from Diggers.

Chinese Mustard (also known as Chinese lettuce although it actually belongs to the same family as cabbages) – becomes a trifle peppery as it matures but the young leaves are very refreshing raw. Phoenix recommend Gai Choi which features attractive purple-red leaves; Tea Tree Seeds carry Mizuna, which is enjoyed by humans and animals alike. Phoenix Seeds also carry Bok Choi and Pak Choi varieties which are adapted to warmer climates.

Edible Chrysanthemums – are new to many of us but are a fragrant oriental vegetable used in stir fries. Leaves are eaten raw or used in cooking, flowers are also edible and are stored by dipping in salted boiling water and then dried. Phoenix Seeds and Kings Seeds have the variety Shungiku, Tea Tree Seeds just call theirs Chop Suey greens.

Suppliers

Eden Seeds, MS 316, Gympie 4570. Ph: 071-865-230.

Erica Vale Aust, PO Box 50, Jannali 2226.

Broersen Seeds and Bulbs, 365-367 Monbulk Road, Silvan 3795. Ph: 03-737-9202.

Kings Seeds, PO Box 14, Glenbrook 2773.

Phoenix Seeds, PO Box 9, Stanley 7331. Ph: 004-581-105.

Specialty Seeds, PO Box 34, Hawksburn 3142. Ph: 03-633-448.

Diggers Seeds, 105 Latrobe Pde, Dromana 3936. Ph: 059-871-877.

Tea Tree Plants and Seeds, Wallace Rd, Beachmere 4510.

SOURCE OF SEEDS AND CUTTINGS

The Australian Herb Society is a hard working group in Queensland that runs a comprehensive seedbank for members. As well as managing the seedbank the Society produces a quarterly magazine *Herbology* that contains a wealth of hard to find information, including herbs growing by the Australian roadside and those used by Aborigines. A special feature of the magazine is the 'Seed and Cutting Share and Exchange', especially for hard to find varieties. Membership is \$17.00 annually, \$14.00 for pensioners and students under 18. A \$5.00 enrolment fee is charged when first joining. Memberships are due on 30th April annually. Australian Herb Society, PO Box 110, Mapleton 4560.

RAINFOREST SEEDS

Bellingen Valley Rainforest Seeds, a non-profit organisation which exists to aid in redressing the situation of our vanishing rainforests, has produced a new 1990 catalogue of available rainforest seeds. The maximum number of seeds possible is supplied in each packet, limited only by postage costs, rarity of species and the fact that some species do not seed every year. Seed is collected when ripe and posted the next mail day to ensure maximum viability, and all seed packets come with detailed sowing guides. The catalogue also includes notes on how to establish your own rainforest and encourage regeneration of existing species. For your copy or any enquiries about rainforest regeneration please send a SAE to Bellingen Valley Rainforest Seeds, Private Bag, Bellingen 2454.

Grass

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Reading



Earth Builder's Companion

John & Gerry Archer

The *Earth Builder's Companion* is a manual on how to design and build your own earth house. This book contains all the information you need to put a roof over your head without council hassles or a 25-year mortgage. Full of helpful advice on design principles and practice.

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This is a diverse collection of stories about Australian lifestyles. The readers' stories illustrate how different families adapt their needs to create a lifestyle that is personally satisfying — role reversal, extended families, home birth, birthdays, pets and recycling.

p/b 144pp 300 gms

For prices and post and packing costs
please refer to Guide to Mail Ordering
on page 43.

Bumper Book

The *Bumper Book* is a special Christmas publication in which readers have come together in the true spirit of Christmas and have shared their thoughts, philosophies and ways of living. It has stories on self-sufficiency and instructions on how to make Christmas gifts.

p/b 136pp 250 gms

Fireside Reader

This book is packed with stories and practical information. Stories of how winter used to be as well as plenty of up-to-date crafts and activities such as growing trees for firewood, embroidery, making jams, crosswords, knit a pair of slippers and make your own earrings.

p/b 136pp 320 gms



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GUIDE TO MAIL ORDERING

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ARE YOU AN ANIMAL LOVER?

by Eva Berriman, Samford, Qld.

Are you an animal lover? Surprisingly, the answer is not simple. We associate with animals for many reasons, but the catalyst is not always 'love'. A growing public awareness of wildlife, conservation and animal welfare issues is adding further confusion.

Psychology has dabbled in the dilemma and provides some answers. It seems we bond with our fellow creatures at four ascending 'attachment levels'. Each of us is more suited psychologically to just one of these levels. This knowledge can prevent many pitfalls and disappointments when dealing with animals. Teenagers especially are at risk – you know, the ones who want to work with animals 'because they love them'.

To see what Animal Attachment Level best suits you, try the following quiz, which I have used for some years on people wishing to enter animal related occupations. It has proved to be accurate and very helpful.

HUMAN/ANIMAL ATTACHMENT QUIZ

(Note – respond to only *one* statement in each question.)

1. I prefer dogs
 - (a) to be kept inside
 - (b) to be kept outside
 - (c) to come and go as they please
2. I like cats because they are
 - (a) affectionate
 - (b) good mouse catchers
 - (c) independent
3. I would prefer to be
 - (a) a wildlife officer
 - (b) an animal research attendant
 - (c) a veterinary nurse
4. When faced with any animal in pain, I
 - (a) remain detached emotionally
 - (b) feel emotional concern
 - (c) suffer as much as the animal
5. Commercial laying hens are kept confined to cages. I think this is
 - (a) a shame but necessary
 - (b) sound poultry management
 - (c) wrong
6. I prefer as pets
 - (a) white mice
 - (b) cats
 - (c) dogs
7. I would prefer
 - (a) one caged galah
 - (b) a pair of caged galahs
 - (c) an uncaged, tame galah
8. Confined animals pace up and down because they
 - (a) feel severe stress
 - (b) need the exercise
 - (c) want to get out
9. I prefer animals that are
 - (a) valuable

- (b) attractive
 - (c) loving
10. If my dog atypically snapped at my child, I would
 - (a) wonder which of them was to blame
 - (b) blame the child
 - (c) blame the dog
11. I prefer to wear cosmetics that
 - (a) I normally wear
 - (b) have been tested on animals first
 - (c) are 'cruelty-free'
12. To me, fur coats mean
 - (a) warmth
 - (b) glamour
 - (c) animals
13. If I found a hopelessly injured animal, I would
 - (a) hope it died soon
 - (b) hit it on the head
 - (c) get help for it
14. I prefer
 - (a) wildlife reserves
 - (b) zoos
 - (c) circuses
15. I laugh at animals most when they are
 - (a) dressed up comically
 - (b) doing tricks
 - (c) being naturally amusing

How Did You Score?

5 points each for 1(c), 2(c), 3(a), 4(c), 5(c), 6(b), 7(c), 8(a), 9(b), 10(b), 11(c), 12(c), 13(b), 14(a), 15(c).

3 points each for 1(a), 2(a), 3(c), 4(b), 5(a), 6(c), 7(b), 8(c), 9(c), 10(a), 11(a), 12(a), 13(c), 14(b), 15(a).

1 point each for 1(b), 2(b), 3(b), 4(a), 5(b), 6(a), 7(a), 8(b), 9(a), 10(c), 11(b), 12(b), 13(a), 14(c), 15(b).

What Your Score Means

65 or over: You are a Level Three person and probably the true animal lover. You appreciate animals for themselves, placing their needs and rights almost equal to your own. Don't, whatever you do, seek employment in animal research or intensive livestock production. You will not be comfortable rearing beef cattle, fat lambs, deer or goats for meat, broilers, battery laying hens or pigs. In a farming situation you should concentrate more on milk or fibre producing animals, and free-range poultry. You feel deeply for all creatures but your true soulmate is the natural cat. Animal welfare and conservation could be consuming interests.

40-64: You are definitely a dog person, also a horse person if circumstances permit. Level Twos view animals as companions, objects for reciprocal affection, child substitutes. Egoism can be strongly involved, where the animal becomes an extension of self. Showing, breeding and competing with animals are likely to appeal to you. If you are keen on wildlife, particularly the rearing of orphans, you may dislike cats intensely. You are society's idea of an animal lover. You like to be surrounded by them, however you are not always understanding of their

real needs. Level Twos are comfortable and proficient in most animal-oriented occupations.

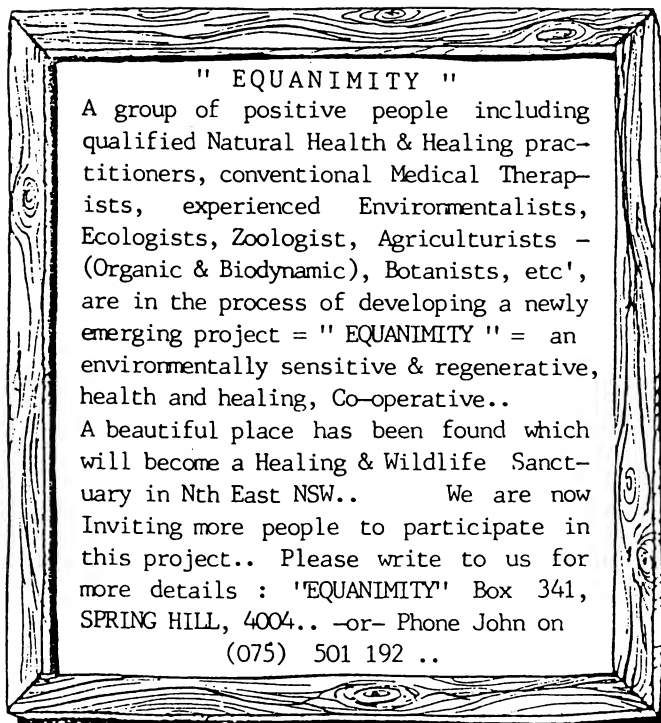
15-39: You conform to Level One, where animals are appreciated for their usefulness. Usefulness is further defined as 'trained, exploited, manipulated, researched on' for the benefit of humans. You seldom feel emotionally for animals, neither are you deliberately unkind to them. In fact you look after their physical needs extremely well – healthy beasts are the most productive. Freedom from emotional involvement is a distinct advantage in many animal-related occupations. Employment in animal research or intensive livestock production will hold no qualms for you.

75 points: You could be a Level Four person, though this was not tested for in the quiz. It is the level at which the genuine animal liberationists operate. They believe sincerely that humans have no moral right to exploit any animal for any reason.



STORING APPLES

Late maturing varieties will store better than early maturing types. Choose only perfect unblemished fruit for storage. Dry each piece well and wrap individually in paper to isolate any moulds or bacteria. Traditionally the fruit is then spread on racks with a small space between. As most homes do not have this amount of storage space, the wrapped apples can be packed in either boxes or plastic bags with air holes. Store in a cool, dark, well ventilated area. Most fruits will last six months or more.



" EQUANIMITY "

A group of positive people including qualified Natural Health & Healing practitioners, conventional Medical Therapists, experienced Environmentalists, Ecologists, Zoologist, Agriculturists – (Organic & Biodynamic), Botanists, etc', are in the process of developing a newly emerging project = " EQUANIMITY " = an environmentally sensitive & regenerative, health and healing, Co-operative.. A beautiful place has been found which will become a Healing & Wildlife Sanctuary in Nth East NSW.. We are now Inviting more people to participate in this project.. Please write to us for more details : 'EQUANIMITY' Box 341, SPRING HILL, 4004.. –or– Phone John on (075) 501 192 ..

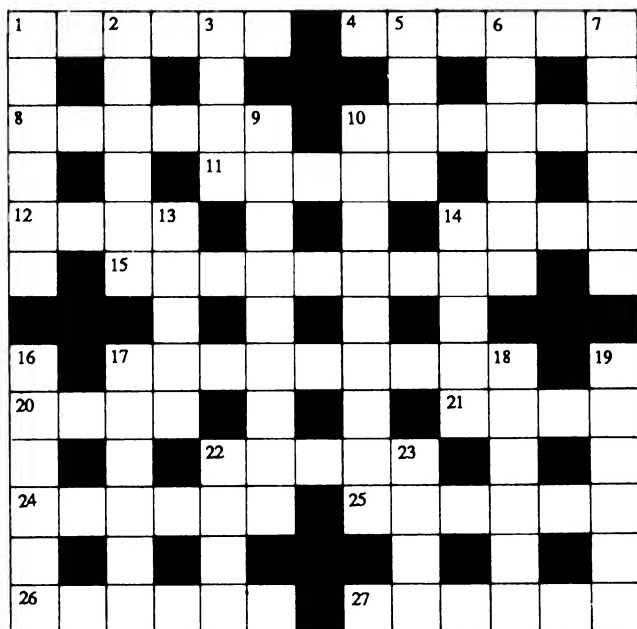
UNRIPENED TOMATOES

Tomatoes will remain green and hard as the weather cools, so pick them immature and either make chutney from them or leave them on a sunny windowsill to ripen.

CRYPTIC GRASSWORD

by M. Riley, Newborough, Vic.

- Across**
- Printed cover material for women (6).
 - This test could produce a sensation (6).
 - March together on foot (6).
 - Inhabitant of UK not going back with broken rib (6).
 - Hewer could question his position (5).
 - Handle ball control (4).
 - Existence of another file (4).
 - Lost again, becomes homesick (9).
 - Search for charged particles produces enquiries (9).
 - Work in the soup (4).
 - Fresh fits cause riddle (4).
 - Visit not welcome for a hunt (5).
 - Warships part to contain fire-power (6).
 - Sent it terms containing a bit of a laugh (6).
 - Plies with poultry (6).
 - Close and begin early inside (6).
- Down**
- Brood over twenty-six across, not yet (6).
 - So line would produce injury (6).
 - Catch ewes inside crush (4).
 - No rice in her paddy-fields (4).
 - A vital arrangement for Baltic state (6).
 - Slides of competitor (6).
 - Document copies (9).
 - Bright till brain changed (9).



- French good to use for more money (5).
- Denmark's their home (5).
- This service stamps on everything (6).
- Pit victim (6).
- Poses no problem for the baby (6).
- Strong are in study (6).
- Sound reason to do this (4).
- Thatcher wouldn't like this overhead (4).

Solution on page 65.

Poetry

CHEMICAL SUNRISE

Look to the hills
They're just dark outlines,
Once clear and green filled
Now they choke in the face of the chemical gallows

Dew on the leaves is coloured
It used to sparkle in the sunlight
Now it trickles to the ground and the stains have yellowed
And yet more factory stacks belch their clouds, continuing the plight

When the fog finally lifts
Strain hard with your eyes
Peer through the grey-blue haze of the morning shift
And start the day in the wisps of yet another chemical sunrise.

E McLean.

THE PALE LIZARD

Lizard basking in the sun
Quickly from the cat will run,
But cat that lizard will pursue
In order his tail to chew.
Now lizard runs without his tail
But still he lives although quite pale.

Jeanette Morris.

PET SHOP

Heads under wings, with plumage dimmed
Parakeets perch forlornly in a sunless cage,
Pale shadows of their free-flight siblings.

Never to know the exhilaration
Of swift flight high into a clear sky,
Or the chattering jostle for roosting space
In a giant banyan tree.

Jo-Ann C Burke.

AFTER AND BEFORE

My soul returned to me today
After its year of wandering –
After leaving me a desert
Spider's spirit in exchange
And cactus hands and eyes –
Brought a vision of the night
And still beneath the ripple of the day;
It only walks among the dark beyond
Now, crossing the horizon with the sun
Bringing back bouquets of razored light
From vales that know no rationing
And circumscribe translation.
Can I but trace the shadows of those beams
And make of words a basket – bucket? sieve? –
I'll breathe no more in ordinary dreams.

Brian Walker.

AT RUSH HOUR

Clocks are ticking, time rushes by
Hours turn to minutes, we all wonder why
Suddenly living seems so unreal
Spinning and turning just like a wheel
Technology is moving ever so fast
Time to stop rolling, look what we've passed

The sun is shining high up above
Warming our hearts, giving us love
Still man only wants what is best
Time he learnt, no A in this test
It starts with alpha, then goes to zed
Watch out for mega, we'll surely be dead

Sarah Heath

COLOURS

Grey walls
Menacing, still.
Grey blanket
No warmth there.

Brown earth
Hot red sand
Sifting through
Brown fingers.
Red sun setting
Beyond crimson
Tipped hills.

Yellow flames
Highlighting
Shimmering ruby wine
In vegemite glasses,
Nestling close to
Old mother.

Golden bodies
Warm mouths
Closer, touching
Exploring
Tender loving skins.

Black black sky
Ice chips of stars
Divided by bars.
Black shape
Swinging gently, gently.

Laurel Lamperd.

CASUARINA

*She stands alone,
Where waves wash gently
On the shore.*

*From her rugged arms, pensile
Soft russet filaments
Transform by sunlight
To feathery threads of burnished gold.
she is beauty, she is she-oak.*

Jo-Ann C Burke.

*I think of the countryside quiet and cool
Where I find my soul is at peace,
Grass swaying gently on the breeze,
Woolly sheep, a fuzzy green ear of wheat.
I think of the country life and the real
People that I chanced there to meet.
Gumboots, red mud, speckled hens,
A hessian sack on a hard tractor seat.*

*I think of that farmyard and remember wire gates
Tied with string or held shut with a chain,
A tumbled down shed filled with wood,
Somehow still dry in the driving rain.
A garden with vegetables in neat rows
Silverbeet long since gone to seed,
Flower beds of summer beauty now
Wintery cold and covered with weeds.*

*I think of each hard working farmer whose
Whole life is living and working his land,
Of machinery dusty and dirty, barbed wire
Fences, his hard calloused hands.*

*I think of the women who share this life on the
Land and the warmth of their shy country smile,
A welcoming kitchen, muddy boots at the door;
Being practical means more than being in style.*

*I think of the longing I came with to touch
Their ideals and find a place in their world.
An old wooden gate, roses by the path,
A crooked brick chimney where wispy smoke curled.
A faithful brown dog who talks with his eyes,
A sleek black cat purring at my feet,
A sleepy tabby, caught by surprise
Making a hasty retreat.*

*I think of the fields I ran through
As a happy and carefree young child,
Of cows in the bail, hay in the barn,
On the hearth, leather shoes polished and
Shining like soldiers in double file.
I think of the city I came from
Where my life lacked purpose and space,
Of traffic and freeways and people pale and
Nervous with tight anxious looks on each face.*

*Where does my destiny lead me?
Surely it is back to the land,
I'll trade the night-lights, restaurants and shopping
Until gladly in my gumboots in red mud I stand!*

Shona Hight.

NO STRANGER TO BEING ALONE

*When evening ties with morning dew,
I would have spent the night with you.
Wrapped in your arms and so complete,
Contented in your body heat.*

*The love I had knew no bound,
But on cloud nine I dropped to ground,
When you said you cared and nothing more,
Right through my heart your words did bore.*

*I left because I knew I must,
To learn anew how to adjust.
To be once more on my own,
I'm no stranger to being alone.*

Robyn J. Hausler

CHILDISH FEARS

*Deep into night the child awakes,
Fearing the racket that he makes
As about his domain he scratches
And tumbles,
Ungraceful with haste
His hunger rumbles.*

*Losing his grip he slides
Down the roof,
The screech of his claws
The ultimate proof
The devil's abroad,
He's above my head,
If I listen hard
I can hear his tread.*

*It's quieter now,
Just the sound of rain.
I know he's still there,
He'll be back again.
I bury my head to hide my fear,
I wish my dad and mummy were here.*

*Dad says it's possums
And Mum says he's right,
But that noise in the dark
Gives me a terrible fright.
He's said to be soft
And cuddly and brown
With big dark round eyes
With a bit of a frown.*

*It could be a possum
Up on the roof,
He could be cuddly,
But I'd need more proof.
If he's so nice,
Why in the night
Does he go out of his way
To give such a fright?*

P Jones.

IN MEMORIA

*For aeons
The land fought the elements,
The sea rose and
The land waited,
Harnessing its strength
Until the sea
Retreated.*

*It gathered its forces
Against the alien,
And a truce was declared
With the spear and boomerang
And the flames which scorched
Yet rejuvenated.*

*Weaponless
Against axe and machine,
The elements triumphed,
Robbing the topsoil
And gouging great gutters
In the enemy's breast.*

*As a phalanx
They moved forward,
Behind them lay
Stumps of forests,
Salt encrusted wastes and
Paddocks of sand
Upon which few sheep grazed.*

*The land sighed
And gave up its life.*

Laurel Lamperd.

RIVER THOUGHTS

*I was there that day
On the bank of the river
And saw the fish caught
In a flash of silver
Dragged, ripped open.
And I remembered the lizard,
His lichen refuge overturned,
Winter-sluggard's eyes
Puzzled for a moment
In the slanting sun,
Despatched
Impotent, spilled, viscid.*

*Precipitate
The car trails its shower
Of rainbow feathers,
Thrusts aside
Incautious flotsam
On the road's far stream.*

*River depths embrace
The mind's unease;
With friends and laughter
Homeward then.*

Alison Appleton.

Kids Pages



Dear GR Kids,

Well, I had a great summer holiday but it's also great to be back at school. The big excitement for the hols was going to the Elton John concert in Melbourne. I had a marvellous time. I met up with friends from school and the only trouble was for most of the concert we were the only ones who got up and danced. By the end lots of people had warmed up and joined us.

It was wonderful being home for weeks on end and this year I actually helped out in the office. I helped Megg do lots of wrapping of books and mags and I worked on the computer entering subscriptions. And it was fun.

You miss having parents around when you're at boarding school so it was good to have lots of deep and meaningfuls with Dave and Megg. Of course I played my music loudly and ate lots of icecream so they would know I was home. David has this little weakness for icecream and he and I argue over whether he has more than I do. Feels like home then.

It was great going back to school – after three years of sharing a bedroom I finally have one of my own. It's bliss. It's got a window with a view – of the school, would you believe – and a full length mirror which everyone comes in to use anyway. We've had a couple of tests already, I think it's going to be a hard year.

My big, big news is I'm doing my deb this year at the school ball. Megg said 'How could you do this to me?' when I first told her but I know deep down she doesn't mind. We've had a couple of practices already and they are top fun but the dances are very tricky. Now we just have to find and agree on a dress . . .

I'm nearly too busy to do homework,

Love Suni.

Dear Suni,

We went through Shepparton in the Christmas holidays and Mum said this is where *Grass Roots* comes from, where Sunshine lives, but we don't think we saw you. We didn't know what you looked like. We had a camping holiday staying at some different places but I liked Yarrawonga best. I will be in Grade 3 this year and there will be fifteen in the class. Goodbye.

Angela
Mooroolbark, Vic.

Dear Kids Pages,

My sister and I made the bath fizz and bubble bath stuff from GR 75. We had ace fun. We used lots of bath water and got into trouble for wasting water. I hope you have more good recipes.

Sam
Albany, WA.



DO CATERPILLARS HAVE TEETH?

The answer is no despite how quickly they can eat through the leaves on a grapevine or bush. They have a strong pair of jaws which they use to cut through the leaves. No brushing of teeth for them!

DID YOU KNOW?

There are two things we cannot do, breathe and swallow at the same time and sneeze with our eyes open. Try them and see, maybe you are the one person who can manage to combine them!

BOOK REVIEW

Sam's Garden – by Jadwiga Mary Clark. Hard cover, colour, 32 pages.

This is a great story about a primary school aged girl whose parents inherit an old house in the country and decide to move there. Sam the daughter is horrified, she must leave behind her inner city friends and their activities. There is nothing to do at the old house, no TV, no one to muck about with, and no pavements for the skateboard.

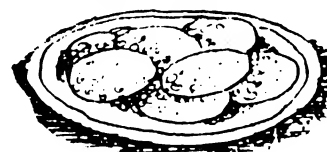
Then Sam meets a new, rather peculiar friend and her life changes. It is not a dramatic story but it is nice to see Sam learning about gardening and finding pleasure in the visiting birds and in living in the country; her new friend has many wise thoughts on the specialness of nature. The book is beautifully illustrated with watercolours that really portray the feeling of the environment. *Sam's Garden* would make a lovely gift.

Published by Hyland House and distributed by Lothian Books, 11 Munro St, Port Melbourne 3207. RRP \$16.95.

COOKS CORNER

HONEY DOUGHNUTS

- 2 tbsps butter
- 1 cup honey
- 1 egg
- 1 cup milk
- 1 tsp cream of tartar
- 1 tsp bicarb soda
- enough wholemeal plain flour to make firm dough
- extra flour for rolling out



Cream the honey and butter together then add the egg. Beat well, add small amounts of milk and dry ingredients, stirring well as you go. The mixture should resemble a firm dough. Turn it out onto a floured board, work with your hands until it is 2 centimetres high. Cut with a doughnut cutter. Fry in a little good quality oil until golden brown, turn and fry uncooked side. Eat while warm.

WEIRD TREES

The banyan tree of India seems to have everything backwards. It sprouts roots from its branches. These roots then have to work their way down to the ground. When they finally root themselves in the earth, they become as thick and woody as extra tree trunks. Some large banyans have as many as 350 root 'trunks'. One tree ends up looking like a small forest!

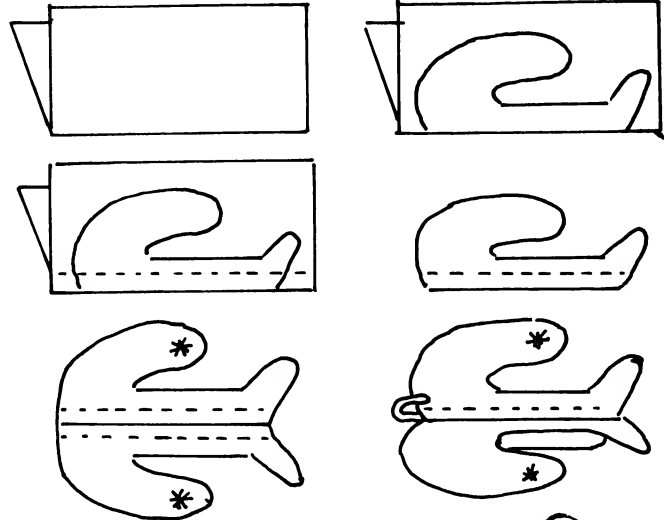
Reprinted from *Looking at the Environment* by David Suzuki, published by Allen and Unwin.

LOOP-the-LOOP PAPER PLANE

This paper plane will fly in circles and its movement can be adjusted by changing the wing shape or putting more than one paper clip on the nose. You will need:

a sheet of heavy paper
paper clip
pencil
scissors

- Fold the paper in half longways.
- Draw a plane with wings and tail as in the picture.
- Draw a line 2.5 cm away from the fold on both sides of the paper.
- Cut out the plane but do not cut on the fold.
- Fold each wing down along the drawn lines.
- Add paper clip to the nose, and your plane is finished. A second paper clip may be added if desired.



SAVING THE ENVIRONMENT

Activities You and Your Family Can Do



- Before throwing letter-size paper into the garbage, check the backs of sheets to see if they're blank. If so, use them for drawing. Or cut them into squares and use them for notepaper beside the phone.
- Reuse big envelopes that arrive in the mail. Just put a new address label on – any square of paper will do – and send them out again.
- Most families get many pieces of junk mail. These are a great waste of paper if you don't want them and don't read them. Send pieces of junk mail back where they came from – at the mailers' expense. Tell the mailers you don't want any more.
- Become a saver. Giftwrap paper can be smoothed out and used again. So can ribbon and string. Make gift tags from the fronts of old greeting cards.
- If possible, take showers instead of baths. Showers use less water than baths. Soap up and then turn the shower head on.
- Don't throw out those last little bits of soap. Stick them to the next bar.
- You'll probably have to buy some things in plastic containers, because that's the only way they're sold. If they go into the garbage, they'll be polluting the environment for a long, long time. What else can you do with them? You can use big ice-cream containers as flour canisters or crayon containers. Ice-cream or margarine containers can be fridge keepers or plant pots. Little yoghurt cups make great paint containers. If you can't use them, kindergartens and day-care centres usually want them. Craft books at the library will tell you how to make gifts out of old containers. Find out how crafty you can be.
- Buy food such as raisins and dried beans, and products such as toothpaste, soap and photo film, from bulk bins. Many healthfood shops, chemists, soap shops and even some supermarkets now have bulk bins. You can reuse your own containers. Buying from bulk bins is cheaper and less wasteful than buying packaged products.

- For foods that don't spoil quickly, buy the biggest size you can afford. First, the biggest size is usually the best buy. Second, there's less packaging for the amount of stuff you get. For instance, a big box of cereal is cheaper and has less wrapping than a carton of one-serving boxes.

- Find out if your community has depots (or even council pickups) to recycle bottles, cans and paper. Then make sure that you and your family recycle these things. If your community has no recycling program, write to your local council urging them to begin a recycling program for waste paper, glass, recyclable plastic bottles and metal.

- Ask your teachers and parent organisations to see if your school can be a recycling depot for paper, glass, recyclable plastic bottles and metal.

Reprinted from *Looking at the Environment* by David Suzuki, published by Allen and Unwin.

HISTORICAL PERSPECTIVE

April 3rd 1848 – Ludwig Leichhardt left Darling Downs, Qld and disappeared while trying to cross Australia from east to west.

April 6th 1895 – 'Waltzing Matilda' first sung in public at the North Gregory Hotel, Winton, Qld.

April 11th 1834 – John Macarthur died at Camden NSW.

April 18th 1966 – First National Service troops left for Vietnam.

April 19th 1873 – The explorer Hamilton Hume died near Yass NSW.

April 20th 1770 – James Cook first sighted south-east Australia.

April 29th 1770 – Captain Cook landed at Botany Bay NSW.

April 29th 1988 – Australian Stockmans Hall of Fame opened in Longreach Qld.

While the Billy Boils...

It is a pleasure to cook with herbs grown in your own garden. Fortunately the traditional kitchen herb garden is making a comeback so that whether we use fresh or dried herbs there is always a variety available to add a delicious aroma to our cooking. We have featured below dishes where the unique flavour of each herb enhances that of the other ingredients.

STUFFED PUMPKINS

- 4 small round pumpkins
1 tbsp butter
1 clove garlic, crushed
1 onion, chopped
2 sticks celery, diced
1 cup cooked brown rice
1 cup cooked soy beans
1 sml capsicum, chopped
1 tbsp chives, chopped
1 tsp fresh thyme
2 eggs beaten

Cut tops from pumpkins and scoop out seeds. Melt butter in a large frying pan and saute garlic, onion and celery until onion is clear. Add rice, beans, capsicum, herbs and eggs and stir until combined. Spoon into pumpkins and bake, uncovered, on a greased tray in a moderate oven for 30 mins.

LENTIL BURGERS

- 1 cup lentils
1/2 cup brown rice
3 cups water
1 cup breadcrumbs
1/2 cup wheatgerm
1 lge onion, chopped
1/2 tsp each celery seed and marjoram
1/4 tsp dried thyme
1/2 tsp pepper
1 tbsp fresh parsley, chopped
extra wheatgerm

Wash lentils, place in saucepan with rice and water. Bring to boil, lower heat, cover and simmer for 35 mins or until rice is tender. Remove from heat, stand for 10 mins, then mash together with any remaining liquid. Combine this with rest of ingredients, mix well and shape into patties. Coat with extra wheatgerm and fry in oil until brown on both sides.

HERB-FRIED POTATOES

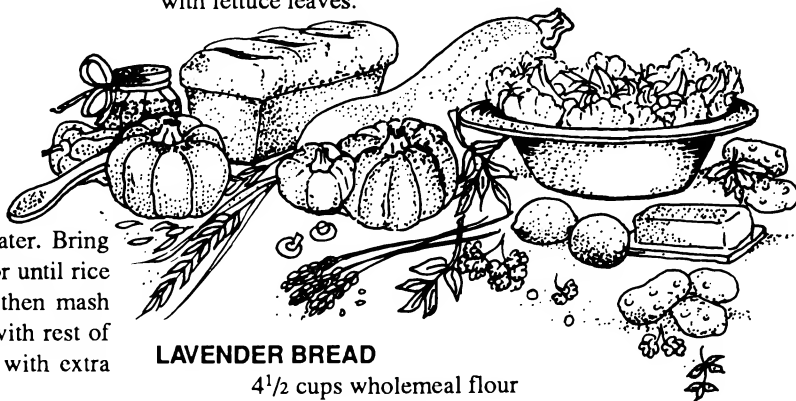
- 6 med potatoes
- 125 g (4 oz) butter
- 1 green capsicum, diced
- 1/4 tsp dried thyme
- 1/2 tsp dried basil and marjoram
- 1/2 tsp garlic, crushed
- 2 tsp snipped chives
- 2 tbsp parsley, chopped

Peel potatoes, grate coarsely and pat dry with kitchen paper. Melt half the butter in frypan, add potatoes and spread out over pan. Sprinkle herbs on top and fry gently until golden brown underneath. Dot with remaining butter and turn, continue cooking gently until tender.

FENNEL AND CHICKEN SALAD

- 1 boiling chicken (any size)
- 1 bay leaf
- 2 sprigs parsley
- 250 g (8 oz) fresh sprouts
- 1 sml bulb fennel
- 4 med tomatoes
- 125 g (4 oz) cooked, sliced green beans
- black pepper
- $\frac{1}{4}$ tsp minced garlic
- $\frac{1}{2}$ tsp light fennel seeds
- 2 tsp cider vinegar
- 2 tsp water
- 6 tsp salad oil
- 1 tsp chopped parsley

Boil chicken until tender, together with bay leaf and parsley. Remove skin, cut into bite size pieces. Wash and drain sprouts, slice fennel thinly, cut tomatoes into wedges. Mix these together with chicken, beans and black pepper, cover and chill. Whisk together minced garlic, fennel seeds, vinegar, water and oil, put aside for 1-1½ hours. Combine with parsley and chicken just prior to serving. Toss lightly and spoon into a bowl lined with lettuce leaves.



LAVENDER BREAD

- 4 1/2 cups wholemeal flour
1 tbsp dry yeast
1 cup lukewarm water
1/4 cup honey
1 tsp salt
2 tbsp lavender leaves and flowers
beaten egg

Sprinkle yeast over water, add honey. Set aside to prove. Combine flour, salt and lavender. Make well in flour and pour in bubbling yeast. Mix until all flour is absorbed. Turn onto floured bench and knead until smooth. Place in clean oiled bowl, cover and leave to double in size in warm place. Punch down, divide into two and put into oiled loaf tins. Put aside in warm place to rise again. Brush tops with egg and cook in 180°C (350°F) oven for 45-60 minutes. When cooked loaf will sound hollow if tapped.

Eat More Naturally And Save

by Theresa Powe, Rochedale, Qld.

Almost all of us at one time or another are watching the budget carefully, some more than others. I've been interested for many years in reading, and have learned a lot from, ethnic cookery books from the library. Usually I think I'm doing fine if I get one delicious healthy economical recipe from a book, which is then tried and family reaction assesses whether it is used regularly. From eating meat every day I cut it down to two or three times a week. Then with the help of several cookbooks – Julie Stafford's *Taste of Life* and *More Taste of Life*, Marlene Pentecost's *Cooking for Your Life* and Vikki Leng's *Super Vegetarian Dishes* – I started making vegetarian meals. Substitutes for meat like lentil, soya, brown rice, and millet rissoles were tested on the family – all passed the test with flying colours. I found we didn't like brown lentils but when we tried the red lentils no problems. It is also very handy to have a pressure cooker for cooking grains and beans that need longer cooking. I find an omelette or scrambled eggs an economical meal, as is a quiche.

In winter I make lots of soups as they are especially good for nutrition, and lots of salads in summer, interspersed with chicken and fish dishes for variation. Making the most of bulk buys of vegetables that keep well can be a big saving: a 2 kg (4½ lb) bag of carrots at a time; whole pumpkins, especially Queensland Blue or Jaradale, keep for months not cut. When you do cut them, take the seeds out and place in crisper (not wrapped in plastic). I use pumpkin a lot in our recipes (although I do not like pumpkin myself), it is very versatile so I always have a stock on hand. Just recently I bought four large pumpkins at 10c a kg for under \$2.00. When I cook pumpkin up for a recipe I cook more than I need in the pressure cooker, cool some and place in plastic bags in the freezer. When I want to cook pumpkin scones or lentil rissoles there it is, and it doesn't take long to defrost. I have often bought a bag of onions too and hung them up to air under the house. They also keep for months.

One type of cooking often overlooked is the dried bean family. Our family is not vegetarian but over the years I have developed some favourite recipes which everyone enjoys, besides helping the budget with a saving of approximately \$15.00 per week. A word of warning: when you start, slip in one meal a week. When it is something quite new and I don't know how it will go I have a nice dessert just in case. If a recipe doesn't suit us I have no hesitation in scrubbing it (my husband knows this and accepts the new dishes under these conditions). After about five years of this I think we are eating more healthily and of course more economically.

I always keep non-fat skim milk powder for cooking although we use cow's milk in tea and coffee. Another good standby in the kitchen cupboard is a tin of tomatoes. I often only use half a tin in cooking and freeze the rest. Other basics in my cupboard are unpearled barley, brown rice, black eyed beans, split peas and so on. Take advantage of the vegetables in season, look up books and cook recipes using these, e.g. when silverbeet is cheap (or home grown) I make spinach pies and often freeze them, also apple pies when apples are cheap. I also freeze capsicums when reasonable – all I do is cut them

in half, put them in an enclosed paper bag then into an ice cream container till they're frozen. If you don't do this the smell will go all over the freezer. You can grow mignonette lettuce in pots even if you haven't a garden at your disposal. I take the outside leaves off a few lettuce, leave the plant in the garden and it lasts for weeks. Another week and you can take the outside leaves again.

ECONOMICAL RECIPES

The following recipes are ones I have adapted from various books, especially those I've already mentioned. Where possible I've given the source of the recipe so that you can follow up ones that particularly interest you.

Savoury Black-eyed Beans

From *Mother Earth News*, November/December 1977.

- ¾ cup soaked beans
- 2 or 3 sauteed onions
- 2½ cups water
- 1 tbsp brown sugar or molasses
- dash of worcestershire sauce
- salt and garlic to taste

Simmer beans in water for 1½ hours (or if you have a pressure cooker 30 mins). Then add brown sugar, sauce, sauteed onions and garlic. You can add mushrooms too but either way its delicious and so simple and economical.

Bean and Barley Soup

One type of bean or another goes together with barley so well. Here is one tried and true recipe. Boil ½ cup dried baby limas in 1.1 lt (2 pts) of soup stock for ½ hour then add ⅔ cup barley and continue to simmer for 20 mins. Add 3 sliced carrots and 250 g (½ lb) mushroom pieces (fresh is best) and simmer 20 mins or more. Again you may do it in pressure cooker for 20 mins. You may use shin beef or soup bones if you like as well.

Brown Rice Patties

One of Vikki Leng's, this is nice hot or cold.

- 3 cups cooked cooled brown rice
- 1 capsicum, seeded and chopped
- 1 onion
- 2 small zucchini, chopped or diced small
- 2 medium carrots, grated
- 3 ripe tomatoes, chopped into small pieces
- 1½ cups grated tasty cheese
- wheat germ to mix
- salt and pepper to taste

Mix rice with other ingredients, adding enough wheat germ to bring to a patty forming consistency. It is a good idea to tip the lot into a colander and squeeze the vegies, especially the zucchini. I would use about ½ cup wheat germ. Place on greased baking tray and bake at 190°C (375°F) for 25 mins.

Millet Burgers

Another good one of Vikki's.

- 4 cups cooked millet
- 1 large onion, finely chopped
- 1 capsicum finely chopped
- 1 medium carrot, grated
- 2 cloves garlic, crushed

- 1 cup grated tasty cheese
- 2 tbsp tamari
- wholemeal breadcrumbs (or wheat germ) to mix
- 2 tsp beef powder
- 1/2 tsp curry powder

Mix well, mould into shapes and chill for 1/2 hour. Bake on greased tray 200°C (400°F) for 25 mins.

Date Cake Without Sugar

This one is Marlene Pentecost's, and so easy to make.

- 1 1/2 cups wholemeal SR flour
- 3/4 cup wheat germ
- 1 1/2 cups dates, chopped roughly
- 1 1/2 cups skim milk
- 1/2 cup sultanas

Mix dry ingredients in basin then add dates, mixing well to coat. In a blender liquify sultanas in milk. Pour this mixture into dry ingredients and stir well. Bake in a loaf tin in hot oven for 35 mins.

Zucchini Patties

- 2 cups coarsely grated zucchini
- 2 large eggs
- 1 small onion, minced
- 1/4 cup grated cheese
- 1/2 cup plain flour as needed
- salt and pepper
- sprinkle of tandoori spice or beef powder

Place the zucchini in strainer and press out as much liquid as possible. Mix zucchini with eggs and onion. Combine rest of ingredients and shape into patties. Fry both sides, drain on kitchen paper.



Spinach Pie

These can be frozen so I usually make 2 or 3. quantity of silver beet

- 3 or 4 rashers bacon, chopped small
- 1 egg
- 1 cup milk
- grated cheese
- 3 or 4 onions, chopped small
- salt and pepper if liked

Saute onions with bacon, then layer steamed silver beet, bacon and onion mixture, grated cheese in that order till dish is full. Then mix egg in cup of milk and pour over, then sprinkle with cheese and bake in moderate oven till nicely browned.

Tandoori Risssoles

From Margaret Fulton's *Vegetarian Cookbook*.

- 1 1/4 cups black-eyed beans, soaked overnight
- 2 cloves garlic, crushed
- 1 tbsp soya sauce
- 2 tsp tandoori spice (bought at supermarket)
- 8 spring onions, chopped (or equivalent onions)
- 2 carrots, grated
- salt and pepper
- oil for shallow frying

Coating:

- 1 tsp tandoori spice

- 1 cup wholewheat breadcrumbs

Drain the beans, place in pan and cover with cold water. Bring to boil and boil rapidly for 10 mins, then cover and simmer 20-25 mins till tender. Drain well and mash, add remaining ingredients, mix well. Make into risssoles or cutlets and coat with prepared coating. Fry in hot shallow oil. Serve hot.

Three Bean Salad

From *Prevention*, March 1989.

- 1 cup cooked lima beans
- 3/4 cup cooked borlotti beans
- 250 g (1/2 lb) green beans, sliced in 2-3 cm (1 in) pieces and steamed
- 1/2 red capsium, sliced in similar pieces
- 1 white onion, diced small

Dressing:

- 2/3 cup white wine vinegar
- 1/3 cup olive oil
- pinch salt to taste
- 2 cloves garlic, crushed
- 1 tbsp sugar or honey

Place lima beans, borlotti beans, green beans, capsicum and onion in large container with tight fitting lid. Place all ingredients in screwtop jar and shake well. Pour dressing on beans and toss gently. Allow to marinate 24 hours in fridge for maximum flavour.

Red Lentil Patties

From Vikki Leng's *Super Vegetarian Main Meals*.

- 1 1/2 cups cooked red lentils
- 2 medium carrots, chopped
- 2 onions chopped
- about 500 g (1 lb) pumpkin, chopped
- handful chopped parsley
- 2 cloves garlic, crushed
- 1 tbsp tamari (soy sauce)
- wheat germ to mix (usually 1/2 to 1 cup)

Steam the carrots, onions and pumpkin till tender (or you can cook all together, lentils as well, in water and strain well). While piping hot, mash red lentils through vegies using a fork. Cool. Mix in parsley, garlic, tamari and enough wheat germ to bring to a patty forming consistency. Form into patties, roll in flour if liked and cook in oil. Can be served hot or cold. Delicious!

Sugarless Apple Pie

- 1 1/2 cups wholemeal flour (I use 1/2 SR and 1/2 plain)
- 3 tbsp margarine
- 1 tbsp oil
- 1/2 to 3/4 cup water to mix
- 1 tbsp honey
- 1 tsp ground cinnamon
- 4 or 5 apples
- 1/2 cup sultanas

Mix flours together with cinnamon. Melt margarine gently, add oil and then honey and water. This will be cool enough to use at once. Make a well in flour and pour in. Knead well and line a tart plate with half pastry. Then peel apples, slice and arrange over pastry. Sprinkle sultanas over then cover with pastry. This is the only recipe I use for apple pie – it doesn't use sugar but it is sweet enough and everyone likes it.

So You Want to Buy a Farm

by W M Greenhill, Farm Business Adviser, Dept of Agriculture, Tas.

Over the years we have received many requests for advice on buying a farm. Being one of the biggest commitments people take on, they understandably agonise over the pros and cons, and so we hope this series of articles makes decision making an easier and more informed process.

The wish to 'get away from it all', make taxation savings and join those who have a country lifestyle is the dream of many. But dreams don't pay the bills, make grass grow, repair fences or carry out the many tasks involved in farm management. It is important to examine objectively all the personal, social, physical and financial factors that will determine whether or not the dream you plan to buy will be a successful farming operation. Otherwise it could become a financial disaster or, worse still, an overbearing nightmare.

INITIAL QUESTIONS TO BE SETTLED

Listed below are some initial questions that will have a major influence on the type of property you seek and your chances of success:

- What is my family's attitude to such a change? The 'early days' excitement of living in the country can very quickly give way to feelings of isolation; to problems associated with travel to and from sport, social activities and school; and subsequent feelings of less 'free' time for general family activities or holidays. It is important to fully discuss the changes proposed with all members of the family, to consider your own age, health, experience in agriculture and longterm goals and to ensure that the benefits outweigh the additional costs.
- What do I want from the farm? Must the farm make a major financial contribution to family income (that is, make enough money to meet the costs of farm management and to service debts), or is it principally a country lifestyle for which you are prepared to make financial inputs from other sources?
- What farming industries or enterprises interest me most? The answer to this question will determine the type of farm you should seek to purchase. For instance it would be senseless to buy a block of poorly drained land, or land in a windswept or frost prone area if you plan to grow grapes. Similarly, it would be unwise to enter an industry where freight costs or other location factors render it either uneconomic or at a financial disadvantage. Knowledge of the market and its requirements is particularly important.
- What size farm do I need? The size of the farm is most important if the whole operation is to be financially self-supporting. The farm must meet all costs directly associated with the enterprise, the overhead and capital replacements costs, the costs of borrowing (if any) and family living costs, and allow scope for further development or enterprise expansion. The term 'viable' is frequently used when discussing the size of the farm unit. A viable unit is one that is capable of providing a living and enabling the owner to service an acceptable debt load relative to land use and the industry undertaken. The size of a viable farm depends on the enterprise chosen. A wool sheep enterprise of, say, 3000 breeding ewes might require up to 600 hectares (1500 acres) of improved pasture or its equivalent,

whereas a vegetable or cut flower growing operation requires only a fraction of that area.

● Where should I buy my farm? This will also depend on the type of enterprise you choose. The success of a cropping enterprise, particularly one that involves the intensive management of a potentially high return crop, depends on soil type, drainage, climate, topography, rainfall variability, irrigation potential, market access and contract availability. Land prices will normally be high in areas that meet these specifications. The success of an extensive grazing enterprise is less dependent on such factors.

● What is the value of the property? The productive value of the land is an important consideration for any enterprise. Productive value is the net profit of the enterprise expressed as a percentage of the total capital invested. The productive value of grazing enterprises is higher for properties that are outside of the commuter range of major centres and away from the intensive cropping or mixed farming areas. A property can be assessed in several other ways including emotive value, sale-purchase value and security value. The emotive value relates to your personal likes and dislikes about location, appearance etc. This value does not necessarily affect the property's earning capacity. The sale-purchase value is the true commercial value of the property. Its accuracy is very short lived. Security value is the assessed value used by funding organisations as a basis for lending money when the property is offered as security for a loan.

● How much can I afford to borrow? The amount of money invested in a property relative to its total value is called the equity in that property and this often determines its success or failure. The farming business should be assessed on its ability to generate income and service its debts. It is one thing to say that up to 50 percent (or more) of the capital value of the land and buildings can be borrowed, another to show in a budget that such a level of borrowing can be sustained by the business. Always remember that very few farming enterprises, including those run by the most astute managers, provide a return on total capital in excess of 10 percent. In fact many return considerably less with negative returns common. The level of borrowing which can be serviced from farm income becomes very limited when interest rates are at their present high levels.

SOCIAL CONSIDERATIONS

The excitement of a new purchase and the novelty of exploring buildings, boundaries and farm features can soon wear off as it is realised that many sacrifices are ahead in the settling down and establishment years. It is important that the whole family is involved in discussing the changes which might be expected in their lifestyle, living standards and responsibilities in the rural environment. If the family is not completely 'on side' and

enthusiastic after consideration of the many changes to be experienced then think seriously about proceeding.

- **Access to towns and facilities:** the proximity of a shopping centre, doctor, dentist, hospital and entertainment venues are often taken for granted by those who live near the larger towns and cities. When you are relatively long distances from these facilities and must sometimes travel over unsealed and rough roads to reach them, vehicle running costs, time and the fear of the need for an emergency service become less than attractive aspects of the rural lifestyle.

- **Education:** although children are very adaptive to change there is still often a need to allow for the twice daily trips by car to the nearest school bus stop, the problems of transport when out-of-hours sport is played or extra-curricular studies are undertaken, and the additional physical strains applied to both adult and child.

- **Neighbours:** some people seek a greater degree of social contact than others. Good compatible neighbours can relieve feelings of isolation and share seasonal help and farming ideas and aspirations.

- **Housing standards:** lightly made comments such as 'we'll make major renovations to the old house at the end of the year', or 'we'll build a new house once we get past the first two years' are frequently voiced to the dubious spouse when the question of living in a less than adequate farm house is proposed. Unfortunately these proposals often are not fulfilled. Budget priorities may change and unthought-of costs arise, preventing income from reaching expectations. Then the best laid plans must be set aside. Family pressures can arise in many unexpected ways. The situation of a child being reluctant to invite friends home because the farm house is not up to his or her expectations is not uncommon.

- **Experience:** those who attempt to enter the business of farming without any real practical experience are really starting behind the eight ball. Practical farming experience is not gained overnight. Nor will extensive reading provide the answers necessary to become a good stockman or farmer. For most, it takes many years of experience to be able to recognise the early signs of unease or sickness in an animal; to know when to, when not to, and what to feed stock; to understand crop and pasture types and their growth requirements; to identify the early signs of plant pest and disease infection, and to undertake the many farming tasks at the most appropriate time of the year.

- **Family health:** climatic and altitude changes may be important to the health of some family members; similarly, allergies to hay, the various pollens common in rural areas and to certain classes of livestock can play havoc with health and farming programs.

- **Legal:** there are many legal responsibilities associated with owning rural land. Landholder responsibilities include those of boundary fences; noxious weed and vermin control; plant pests and diseases; the use of sprays; fire control; noise pollution; drainage; water supply; livestock welfare, disease control, husbandry and movement; public liability, and the many regulations of the Departments of the Environment, Agriculture, Health, Lands Parks and Wildlife, and local government.

If you are now still smiling and believe farming is for you then you probably have what it takes to do just that.

Part II next issue will discuss the physical aspects to be considered

when buying a farm.

This information comes from Farmnotes produced by the Tasmanian Department of Agriculture and costing 40 cents each. The Department also sells a package titled *Buying and Managing a Farm* which comprises 11 Farmnotes, for \$3.00 plus \$1.50 p & p. Write to the Secretary, Dept of Primary Industry, GPO Box 192B, Hobart 7001.

DUCKISH DERRING DO



by J. Wagenhofer, Lima East, Vic.

I pride myself on being very sensible, so it is with chagrin that I admit to the fact that six little ducklings gave me nightmares. This was not due to some obscure phobia, it was economics, simple economics in the raising and feeding of these feathered pets.

Last year a neighbour surprised me with the gift of two tiny brown balls of fluff, two Khaki Campbells. I had never raised a chicken let alone a duck, so with much loving care and some anxiety the necessary skills were acquired. Love does however need a response and all my effort invoked was terror from them. I grew indignant at their ingratitude, peeved at the lack of bonding, but the ducks grew and thrived until within three weeks I had one duck and one drake fit and able enough to swim on my secluded pond. They only took a few cups of feed a day. Picture the scene, Donald and Daisy skimming across the surface of a sunlit pool, diving for water bugs, dozing beside the rushes. Arcadia it seemed in those days.

Then in early December Daisy disappeared and Donald moped, disconsolately calling for his mate each morning and squarking to the moon at night. He was a very lonely drake and I felt saddened that he had lost his little lady friend. But unbelievably, on Christmas Day, who should come boldly out of hiding, screeching for food but Daisy, a hissing, ruffled warring Daisy, now mother to six brownish balls of fluff. I was so pleased to see her that I even forgave the liberties she took upon my toes and arms as I put the containers of food down for her. Rotten duck! I was and still am bitten by her at feed time and she assiduously teaches the new generation to do the same. The babies grew quickly and Donald proudly led his brood down to the dam to forage, six lovely damsel ducks and one doting mother. He just as proudly brings them back at feed time – and boy, do they go through the food. From a few cups of grain that no one misses, my brood now costs \$4 a week. It's a small sum, I agree, for the joy I can have watching eight little ducks swimming on my tranquil pond, diving for water bugs and dozing beside the rushes.

But then I got thinking, what if next year my six, no, seven ladies have six babies each, that means 42 ducklings plus 8 adults equals 50 ducks skimming across my pond, diving for water bugs, dozing beside the rushes, yes 50 ducks to feed each day and that works out to \$25 a week at the present rate. And what if the year after, only 35 of these ducks have six babies each, that's 210 ducklings plus 50 adults equals 260 ducks and they could cost \$125 a week to feed.

It was a dreadful nightmare, as the ducks multiply and multiply the costs rise and rise. I'm smothered in ducks and duck down and duck food and duck poo . . . help! Does anyone want a couple of ducks? Just a couple of nice little brown ducks?



OLIVES

by Michele Dixon, Toowong, Qld



The origins of the olive tree, *Olea europea*, one of the oldest of cultivated fruits, are rather obscure. Some believe Greece and Asia Minor are its original home, others that it's from the region limited by the Caucasus, Iran and the coasts of Syria and Palestine where it grew wild and that from here it spread into Egypt, Asia Minor, North Africa, Greece and Western Europe and so on to much further afield. It is also claimed that the species still growing wild in Egypt is the ancestor of this important plant. Travelling with migrants from these regions the olive has spread across the globe, from Britain to Australia and New Zealand. Olives were originally grown for the oil that's expressed from them, the fruit itself being inedible until specially processed. For centuries the oil was an important trade article, being used in religious ceremonies, as a base for perfumes, in the making of soap and for many other purposes besides food. Today the processed fruits are an important part of the diet of all Mediterranean peoples, with the tree also being grown commercially in Australia, California, China, the South of France and to a much smaller degree in Mediterranean countries of course.

Plants are available from nurseries but if you can find a good tree cuttings from it should grow very well. Take your cuttings in late winter to early spring, one method is to use a cutting called a truncheon. This is a healthy piece of branch 25-75 mm (1-3 in) in diameter and 30-50 cm (12-20 in) long with the leaves from at least half the stem removed. These are placed in a trench 25 cm (10 in) deep in well drained sandy soil and covered with about 3 cm (1¼ in) of sand. As the shoots grow, gradually fill the trench with soil, next winter the shoots should be 80-100 cm (32-40 in) high with their own roots. Each truncheon produces a number of shoots, these can be dug and planted as separate trees. After the little tree is established fertilise in July and November – use a weak 'manure tea' or ideally Maxicrop.

Olives will thrive if you use the same methods of cultivation mostly as you use for citrus growing. Trees should reach full bearing in about 8-10 years but you'll get small crops long before this of course. Olive trees are hardy evergreens that prefer a climate with a long hot summer and a cool to cold winter. Some chilling in winter is essential to initiate the formation of the flower buds; no chilling means no blossoms. They do best in well drained, sandy loam with a neutral pH, however they will tolerate a wide range of climate and soil types. Varieties that produce good pickling olives are Hardy's Mammoth, Corregolla, Mission and Nevadillo Blanco. Helena, named after the island of St Helena it was grown on in Brisbane's Moreton Bay, produces tasty, medium size fruit which preserves and pickles well.

Although established olive trees will withstand drought their yields are greatly improved if moisture levels are maintained in the top metre of soil, as even very old trees have been found to have roots no deeper than one metre. Trickle or drip irrigation is the most suitable – it's effective with smaller quantities of poorer quality water than is necessary with other methods of irrigation. Weed and grass growth must be mown regularly

between rows. When planting out your trees, plant them 4 m (13ft) apart in rows 8-10 metres (26-33 ft) apart. As for pruning, if allowed to grow too high they become unmanageable for picking, so all upright shoots growing strongly away from the centre of the tree should be cut back, as also any others which are growing more vigorously in comparison to the remainder of the branches. By cutting back developing upright growth to outgrowing laterals, the tree can be made to grow lower, though broader. With well managed trees and good grove hygiene your olives will seldom be bothered by pest or disease, and should produce 2000-3000 kg (4400-6600 lb) of fruit/hectare.

Several pickings are made in the autumn harvest period, dislodging mature fruit from trees using a pole or rake onto hessian or plastic spread beneath the tree to prevent bruising. Olives bruise easily so must be handled carefully when they are hand picked – a good reason for keeping trees at a height of no more than about 2.5 m (8 ft), also safer when having to pick from ladder. For green olives harvest fruit when their deep green colour starts to turn a straw yellow – this can also depend on varieties, as some are too soft at this stage and must be picked earlier. Firm flesh varieties like Manzanillo can be left until a tinge of purple colour can be seen. For home pickling the fruits must be still firm. Sort and grade them so that similar size fruit can be processed together, which should be done straight after harvesting.

Olives contain a natural unpalatable bitterness which must be removed, by soaking in a caustic soda solution, before they are edible. Commercially this is done in huge stainless steel vats but at home earthenware vessels or jars can be used. If using glass keep them out of light or use dark brown ones. Carefully make up the caustic soda solution – called lye – by mixing ¼-½ cup caustic soda to 16 cups (5½ pints) of water, the solution must be thoroughly mixed or the fruit can be ruined. A quantity of salt (¼-½ cup) added to the lye solution will also help counteract the softening effect of the lye on the fruit. Green fruit which is to remain green must be kept completely submerged in the lye as exposure to air will darken the flesh. The soaking period can vary from 8-24 hours and sometimes longer, and as the lye shouldn't penetrate the entire fruit, some should be examined from time to time by cutting open and checking the yellow stained flesh. This requires constant attention as the lye penetration should only reach about halfway to the olive stones.

The next step is removal of all excess lye by washing olives in fresh clean water, changing it frequently and keeping the olives out of the air as much as possible. As very slight traces of the lye should remain in the fruit don't prolong the washing or it'll ruin the good texture, colour or flavour. After this the olives must go through a series of brine baths over a 25 day processing period, made up as follows:

- 1 day in solution of ½ cup salt/16 cups water;
- 3 days in ¾ cup salt/16 cups water;
- 7 days in 1 cup salt/16 cups water;
- 7 days in 1½ cups salt/16 cups water;
- 7 days in 2 cups salt/16 cups water.

After this the olives are placed in a fresh brine of 3 cups salt to every 16 cups water, change this monthly as the olives are kept in store. Two to three days before use remove what fruit is required from main storage brine and keep in a cool place. Wash in several changes of cold water until all salt is removed – they are then ready for use. Their taste is greatly improved if they are covered in olive oil into which chopped herbs have been mixed, or they can be stoned and stuffed.

To pickle black olives by the Greek method, harvest when fully ripe, wash and grade them and pack into wine jars with

alternate layers of coarse salt. The olives are left in the salt, draining off any surplus juice, till palatable. To test for taste try them from 2 months onwards and when ready, wash, put into clean jars and cover with olive oil with or without added herbs. The best herbs for the olive oil are bay, thyme, oregano, marjoram and rosemary.

Imagine the satisfaction you'll have in eating the olives you've grown, harvested and processed yourself – from soil to oil, as it were.

GROWING AND PROCESSING OLIVES

by Pamela Odijk, Kempsey, NSW.

Olives have been cultivated for thousands of years. They were grown in Egypt in the 17th century BC and in Crete from 3500 BC (Noah's dove was reputed to have brought back an olive branch.) Olives were introduced into Mexico and California by the Jesuit missionaries in the 17th century AD. Today, Greece, Turkey, Spain and Italy produce this crop as an important export. South Australia is also an important olive growing area.

Being native to the Mediterranean region these trees do best when subjected to cold winters and long hot dry summers. Most books will tell you that coastal areas provide insufficient winter chilling but there are exceptions to every rule. Some of the healthiest olive trees I have seen have been growing in the northern beaches area of Sydney and on St Helena island in the middle of Brisbane's Moreton Bay.

Trees can be propagated easily from hardwood and tip cuttings or can be bought as budded or grafted trees. They can be planted almost anytime from autumn to spring. As the trees are shallow rooting they require well drained soils and will tolerate alkaline and saline soils better than most trees. They will also endure drought conditions reasonably well. Apart from mulching, trees require very little attention except for occasional pruning. The wood is resistant to decay and if the top dies back a new trunk will arise from the roots.

The tree bears small whitish flowers in late spring. The flowers are of two types: perfect (containing both male and female parts) which produce olive fruits, and male (which contain pollen producing parts). Olive trees are wind pollinated so they should be grown in groups. Best varieties are Sevillano, Manzanillo, Mission and Verdale. It is virtually an alternative crop, that is, a tree bears heaviest in alternate years. It may even have a heavy crop one year and not flower in the next.

PROCESSING

Olives are harvested for pickling when the fruit is mature and green (green pickling) or when firm and dark purple (ripe pickling). Although olive trees are grown commercially for oil, processing for the table is common especially for home use. The following recipe was obtained from a Sydneysider whose olive trees bear prolifically. It is also the only recipe I have found which does not involve the use of caustic soda.

Olives – the Greek Way

Separate any green from coloured olives as the ripe take less time to treat. Wash olives well and cut 3 slits in each with a razor blade. Place in glass jars or crocks, and cover with cold



water – preferably rain water. Place a small plate over each jar to keep the olives submerged. Pour water off carefully each day for 5 days and replace with fresh water, disturbing the olives as little as possible. Measure the last lot of water poured off to determine amount of brine required. Measure that amount (add 10 percent more to be on the safe side) of warm water into a saucepan and dissolve enough coarse pickling (or cooking) salt in it so that when a fresh egg is immersed, an area about 2.5 cm (1 in) in diameter breaks the surface. Approximate quantities of salt and water are 100 g (3½ oz) salt to 1 lt (1⅔ pt) water. Bring brine to the boil then cool thoroughly before pouring over the olives. Float about ½ cup olive oil on the top of each jar and seal. The olives can remain indefinitely, but black (purple) olives should be ready for eating in 6-8 weeks, green olives in 2-3 months. Olives are ready when all the bitterness is gone.

To prepare for the table: Remove enough for about 4 weeks. Drain well and place in a jar. Cover with vinegar, add 1-2 cloves of garlic and float 1 tablespoon of olive oil on the top. Leave 1 week before using.

Other Uses

- Olives with anchovy butter: pound 5 anchovy fillets with 5 tablespoons of butter. Season and puree. Using a forcing bat, fill stoned olives.
- Stone olives, drain and rinse. Add to stews and soups.
- Chop capsicum (peppers, sweet chillies), add a piece to the centre of each stoned olive prior to pickling.

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CONCRETE FOR THE NON-PROFESSIONAL

by Tom Richards, Neerim South, Vic.

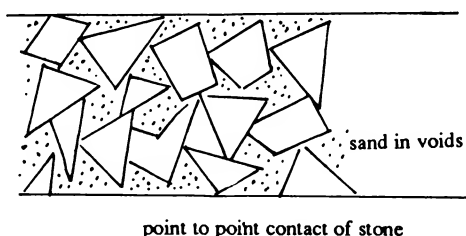
Concrete is man's attempt to create an artificial stone in a place where he wants it and in the shape he wants it. It is composed normally of stone, sand, cement and water mixed together in such proportions that there is enough wet cement to completely coat the grains of sand and the small bits of stone between the pieces of stone. Usually these proportions work out as 3 stone with 2 sand with 1 cement and about 50 percent the weight of cement in water. The aim of this mix is to get maximum strength concrete by having point to point contact of the stones, and the remaining voids filled with sand (see figure 1). When the cement goes hard around the sand and stone it stops the stones being pushed out of position.

However cement does *not* go hard because the water evaporates from the mix but due to a chemical reaction called hydration. In fact 38 percent by weight water of the total weight of cement is sufficient to cause complete hydration of the cement. In practice however 38 percent water is seldom sufficient to allow working the mix into shape and place and the proportion is normally up round 50 percent. This means that 12 percent of the water does evaporate and is replaced by air or it contracts making for a weak concrete. To achieve the point to point contact of the stone mentioned above we prod and push or vibrate the mix until the stones touch. As this process goes on a certain amount of water and cement rises to the surface (called laitance) and is wiped off, thus bringing the water content down, but as the laitance also contains the cement it can reduce the strength of the concrete if too much is lost.

We place the concrete and work it into place and work out a certain amount of water, then concrete starts to 'set' which is the common term for the chemical reaction of cement with water. The initial set normally occurs within two hours at which time you can no longer move the concrete around, however it has not set enough to walk on. After about 4 or 5 hours it becomes necessary on hot days to prevent any more water evaporating, as it is now all needed for the chemical reaction, so we cover the surface of the concrete with wet bags, wet sand, or water sprays for a couple of days. By this time most of the reaction has started and continues for the next year, slowly building its strength.

Before dealing with some of the practical applications of concrete it may be useful to explain that cement is made by

Fig. 1. Composition of concrete



mixing approximately 78 percent calcium carbonate – found as limestone, coral, shells or chalk – with a clay containing about twice as much silica as aluminium so that the final mix contains 78 percent calcium carbonate, 14 percent silica oxide and 7 percent aluminium oxide with 1 percent being iron, sodium, magnesium and potash. This mixture is cooked in a rotating kiln – sometimes as long as 200 metres (660 ft) – the heat coming from pulverized coal or oil burning and causing the mixture to sinter or form large particles. This is not melted but looks like coke or slag. It can be stored in the open or handled as it is unaffected by water. To convert it to cement as we know it, it is mixed with gypsum (calcium sulphate) and ground to a powder. The amount of gypsum added affects the rate at which the initial set takes place and is usually around 5 percent which gives the initial set of about 2 hours. Cement at this stage is a mixture of calcium alumina silicates. The term Portland cement arises from the fact that at a place in England called Portland the local stone was composed of limestone and clay in roughly the correct proportions and all that had to be done was dig it and cook it to make cement.

So much for the theory, now to the practical. As stated previously we normally take 3 stone, 2 sand and 1 cement, plus enough water to make it workable but not sloppy, and that is our concrete. At this stage let me warn of a practice with some ready mix truckies. Quite often these truckies are owner drivers and of course they get paid by the load plus mileage, so the more loads they do in a day the more they earn. You're entitled to a spell of time on the job whilst you unload and this is normally half an hour. The truck leaves the ready mix plant with its load of wet concrete. En route or at the site (if you don't stop him), sometimes a driver will squirt in more water so that the load discharges very quickly and you finish up with weak concrete from voids left by too much water and the driver gets away quickly for another load. The driver only needs to squirt the funnel and chute with water to make it slide and not lose water whilst wetting the chute, so watch it.

To get this concrete into the place and the shape we want it, we need to contain it in a formwork of wood or steel of the shape that we want, be it floor, column or wall. Ground level floors or paths, etc. are relatively easy but contain a couple of pitfalls. First you dig out the ground to the shape required. For

Fig. 2. Floor form and brace

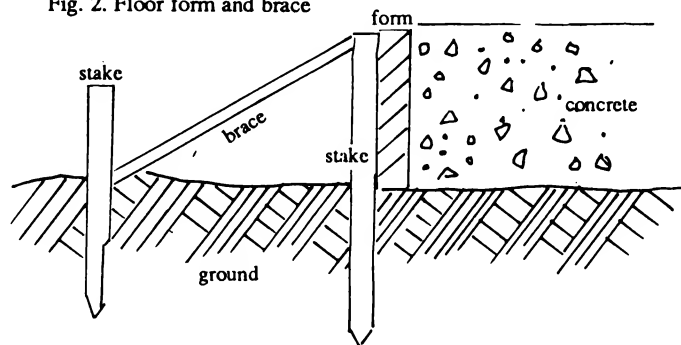


Fig.3. One sided formed wall

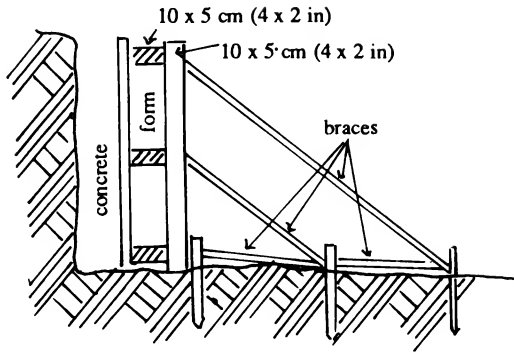


Fig. 4. Two sided wall form held by bolts

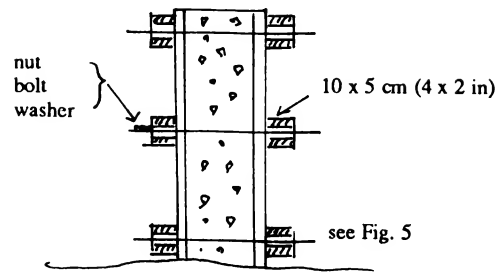


Fig. 5. Section from Fig. 4 showing pipe spreader for form

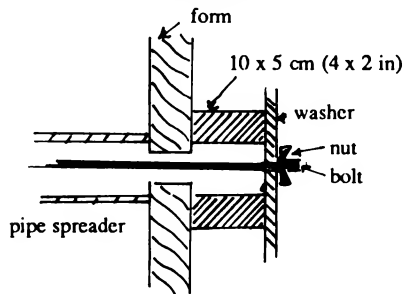


Fig. 6. Vertical section of column

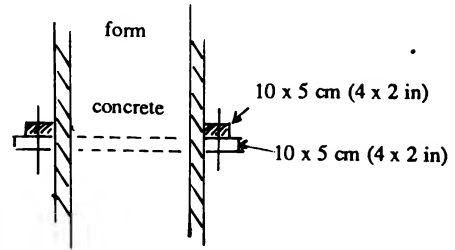
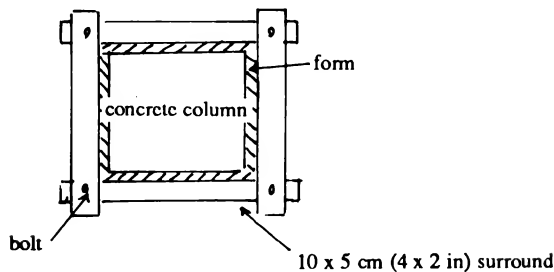
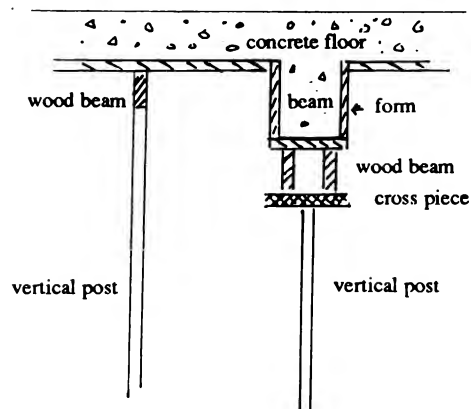


Fig. 7. Looking down on column form



a path or simple floor this may mean just levelling up, so long as any filling is rammed or rolled around or done with sand. Sand must be either dry or fully saturated as damp sand swells up to 50 percent more in size and when this dries the concrete can collapse into the void. Usually if the floor includes beams under it they are dug into the ground and cast integrally with the floor. So around your floor or path you erect a formwork with the top of the form just level with the intended height of the concrete. (Floors and paths of course can be on a slope so long as the concrete is not so sloppy as to flow down the hill.) Thus the form not only contains the concrete but provides the guide for the screed that smooths off the top of the concrete. Supporting such a form is usually easy as the pressure is not great. Usually a simple stake is driven against the form at intervals of about 1 m (3 ft) and then another stake is driven 1/2 m (18 in) away from the first and the brace inserted from the top of the stake at the form to the base or ground level of the second stake (figure 2).

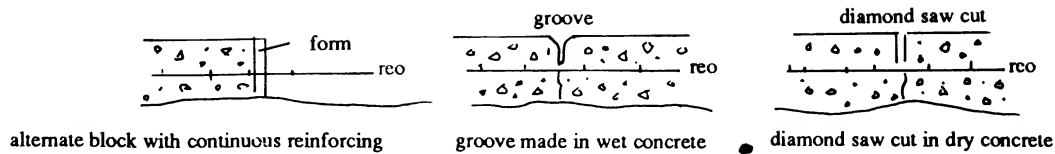
Fig. 8. Suspended floor supports



Forms for columns or walls are more complicated and need to be much stronger at the base than at the top as the pressure at the base increases with the height of the concrete poured. For this purpose you should regard the concrete as a liquid with a specific weight of 63.5 kg (140 lb) per 0.03 m³ (1 ft³), as against water at 28 kg (62 lb). Thus a column or wall 1.8 m (6 ft) high would be under a pressure at the base of 381 kg (840 lb i.e 6 x 140) per 0.09m² (1 ft²) – nearly 1/2 ton per ft² or 41 kPa (6 psi).

Where a wall or similar is being poured against the side of an excavation, the other side, being the form, needs very very strong bracing at the base (figure 3). However if the wall has two sides then the best way is to hold those two forms together at the correct spacing with a steel bolt and spread the load between the bolts with vertical and horizontal timbers (see the article on 'The She-bolt', GR 70, p 55, for more details on this). Unless you are experienced with this it is better to take the wall up in lifts of no more than 60 cm (2 ft) and allow the

Fig. 9. Construction joints



concrete to set before pouring another lift. If the same form is used and lifted then two days should be allowed between pours so that all hydrostatic pressure has gone from the first pour (see figures 4 and 5). Forms for columns can be surrounded with braces or wire etc, giving the same effect as a bolt through the wall for forms, except that the bolt does not pass through the concrete (see figures 6 and 7).

Suspended floors have side forms similar to ground level, but also a form under the floor (figure 8). This form needs to be supported on wood or steel beams and these in turn supported on toms or vertical posts – and I don't mean thin sticks. Just consider that a 15 cm (6 in) thick floor has 0.15 m³ of concrete for every m² (1/2 cu ft/ft²) of surface and if your toms are spaced 0.9 m (3 ft) in each direction then you are asking each tom to support 0.84 m² (9 ft²) of floor, and with concrete at 63.5 kg per 0.03 m³ (140 lb/ft³) that is 286 kg (630 lb i.e. 9 x 140 x 1/2). Make sure the tom or post is truly vertical by using cross bracing. In fact non-professionals really should not attempt construction of suspended floors.

All these forms of any material need to be oiled so that the concrete does not stick to it when you strip the form and leave a ragged face. Another good point is to give the outside of the form a good tapping with a hammer or block of wood after you have vibrated or rammed the concrete in the form – this will cause bubbles of air held against the form to rise and hence leave a smooth surface on the stripped concrete. Forms for floors or ground level structures can be stripped in 24 hours and walls and columns in 2 days; suspended floors are best left for 7 days.

Reinforcing is used in concrete mainly to overcome the inherent weaknesses of concrete. So what are the weaknesses and strengths of concrete? Concrete is strong in compression as you will see if you try to push sand and stone into a smaller volume (unless you have voids as mentioned previously). But concrete is weak in tension where you only have a weak glueing effect of cement sticking to the stone and sand. Concrete is also weak in shear where you are in effect trying to push one part past another. All you have here is the negligible glueing effect plus a small amount of interlock by the stone particles. So where concrete will be in tension or shear we introduce steel reinforcing, which can be either beams such as rolled steel joists or it can be round bars either separately or welded together in the form of a mesh. The welding has no strength and is merely to hold the bars in position until the concrete has set around them and they cannot be dislodged. The prefabricated mesh around here is normally referred to as ARC.

In reinforced concrete the steel and concrete work together. Firstly the concrete surrounds the steel with an impervious layer and hence prevents the steel from deteriorating by rusting. Secondly the concrete, being rigid, holds the steel in a fixed position and does not let it move out of line. Thirdly the concrete provides strength in compression and the steel supplies the strength in tension and shear. As an example, take a load placed

on a beam, a suspended floor or a floor on uncompacted fill. Steel mesh is placed in the concrete floor and as the load is placed it tries to cause the area it is placed on to go down or slide past the unloaded part of the floor (shear). However this tends to push the steel reinforcing mesh down in the middle or curve it down from the edges or unloaded parts. As a curve is longer than a straight line this tendency to curve is, in effect, a tendency to stretch the steel and thus bring it into tension. Unreinforced concrete would have broken but the reinforced concrete holds and when the load is removed it resumes its original shape or position.

Often steel reinforcing crosses through or supports a construction joint. A construction joint is introduced to the concrete to overcome shrinkage which occurs as the concrete sets. As with most chemical reactions heat is given off as the water hydrates with the cement after concrete is mixed. With huge masses of concrete such as gravity dams it is not uncommon to mix the concrete with iced water and even to have refrigeration pipes set in the concrete to reduce this heat. As with most hot things when it cools it contracts or shrinks. As explained, concrete is weak in tension and shrinkage tends to pull one part away from another or in fact put it in tension. When the middle lets go we have a crack. To avoid having the cracks at random, which is sometimes in a very bad place, we create construction joints either by pouring alternate blocks or by half cutting the concrete and creating a plane of weakness which then cracks and is located where we wanted it and not at random (see figure 9). By having continuous reinforcing or steel dowels we allow the concrete to crack and move slightly away from each side but with the steel reinforcement taking up the tension and still preventing shear or displacement of one part of the slab from the other.

This article has been written for the non professional and hopefully in language which can be followed. You are not concrete designers but if you can understand the foregoing you will not make mistakes in placing concrete incorrectly. The following are a few points in placing concrete:

- Make sure your fill under the concrete floor or path is compacted or consolidated or properly filled with sand. If there is nowhere for the concrete under load to go then it can't break or shear.
- For floors cover the ground under the concrete with a plastic sheet so that water needed for the hydration of the cement at the base will not escape into the ground.
- Similarly, after pouring the concrete, cover with wet bags, wet sand or sprinkle with water to prevent the evaporation of the water needed to hydrate the cement in the top.
- Be sure your formwork is strong enough to withstand the hydrostatic pressure of the concrete and if not sure keep your lifts to a minimum height.
- If using reinforcing make sure it is not exposed to the surface. Usually aim at a 5 cm (2 in) cover of concrete over the reinforcement. This is important on floors where you are

walking over the reinforcing as you place the concrete and even though it is held up by chairs or blocks they get kicked out. As you pour use a hooked rod to pull the reinforcing up through the concrete to ensure there is enough cover underneath.

- Don't use sloppy concrete. Use the minimum amount of water to allow you to move the concrete into position.
- You can specify the strength of concrete you require if ordering from ready mixed source. The normal is 20,685 kPa (3000 psi) but it can be less for paths.
- Ram, prod or vibrate the concrete to achieve the point to point contact of the stone and to remove the excess water. Knock the outside of the form to achieve a sand cement mortar contact to the form and hence a smooth finish.
- Have all your concrete in position within 2 hours of the water being added. This includes the travel time of ready mix.
- Don't walk on concrete until it has obtained enough set to carry you, usually 24 hours.
- Unless you don't mind random cracks then provide enough construction joints to prevent such cracks.
- When planning the job think of the final finish. If it is to be smooth glassy concrete then sprinkle stonedust and cement on the surface and use a steel trowel or float. For non skid concrete, or to have slate or tiles, then use sand/cement sprinkle and a wood float finish. If more concrete is to be poured on top then before the surface for contact is fully hard, say in 24 hours, chip the surface to expose the stone fragments.
- In a tank or swimming pool when the floor has been poured or part of the wall, chip the surface and then before starting the next pour pop in a slurry of cement and water and you won't get leaks.

THE CHOOK THAT ESCAPED

by Pat Coleby, Garfield, Vic.

Next door there is a 'factory farm', raising broilers – not so factory as some I must admit, because the birds can at least walk around (I suppose), even if they do have to do it in permanent daylight. Every so often the fattened chooks are taken away to grace the supermarket freezers, the sheds are cleaned out (which usually means a brief influx of rats here until our cats catch up) and a new load of chicks goes in.

After the last clean out, which was late one very cold and windy night, another neighbour came round with a bedraggled, extremely fat and unhappy chook which her daughter had found in a heap on the side of the road when she went to catch the school bus. Its body seemed almost too heavy for its legs and, barring a couple of black feathers round its tail, it was white – everywhere, not just the feathers but the membranes, comb and even its tongue. I thought it must be due to the cold, so wrapped it up in the warm until it regained a reasonable bird temperature, but the white colour still persisted. Next day it could stand, just, but didn't seem to know how to use its legs, and then it dawned on me that it was totally anaemic. Is it, I wonder, because people like white meat that the birds are fed like that? Three cc of vitamin B12 by injection wrought wonders, and twenty minutes afterwards I saw it look at the ground as though it had never seen it before and peck at it in a bemused way.

I had to treat it like we treated the little chicks that we used to rear in incubators years ago, tapping the ground to encourage it to peck and pick up grain. It took a while for it to get used to night and day, at first when I turned on the lights for evening milking it would become quite agitated and try to rush about, but finally it worked out that it should stay roosting like the other chooks. Each night I picked it up and carefully put it to roost on a shelf behind the other chooks, it couldn't cope with holding a perch at first. During the day whenever I passed the goat shed I fished it out and put it in the garden, so it could see how the other birds behaved and hopefully get the idea. After it had been here about ten days I went out to put the goats in their feeding stalls for their supper before milking and, instead of my having to ferret it out as usual from behind the water trough which it considered reasonably safe, it came trotting over to me with a hopeful expression and just stood, waiting to be lifted onto its night perch! This has gone on for a week or two, and I feel its body losing its flabbiness as time goes on, and last night its legs at last resumed their proper function and it achieved the perch with the other chooks without my help.

Nowadays it spends its time voluntarily with the other chooks, collecting its daily feed round the farm. I've yet to see it actually scratching for worms, but feel that it is only a matter of time. We're not quite sure whether it's Arthur or Martha, the comb is getting pinker and it's starting to assert itself instead of taking the bullying some of my old girls were dishing out. But whatever it is, it's here to stay, we couldn't possibly eat it after such an escape!

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HERE'S TO THE DUTCH HOE

by Col Patterson, Stafford, Qld.

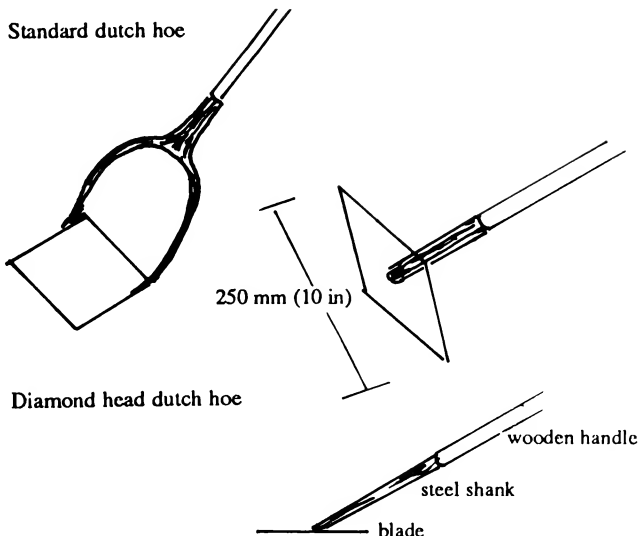
While I was weeding the lawn last weekend with my trusty dutch hoe the thought occurred to me that other gardeners may not know about this very useful tool.

I was first introduced to the dutch hoe when as a youth I worked on a pineapple farm in the Nambour area. No herbicides then! The diamond shaped blade sharpened both at the front and rear made short work of the weeds and grasses growing between the rows of pineapples. Small weeds were a breeze as the broad face sliding first under the surface of the soil in both forward and backward thrust cut the little roots effortlessly. The bigger clumps of grass meant that the sharp corner was brought into play to sever the side roots attaching one side then the other then a backward thrust usually cut the clumps off.

As my back cannot bear the squatting needed while using the forked lawn weeder, I decided to use it to hook out paspalum, carpet grass and the flat weeds (sometimes erroneously referred to as dandelion). Carpet grass is kept in check as it has a tendency to run over the top of the couch and in time will smother it. The strategy is to find the parent root and sever it then the runners can be pulled out by hand – coming out like you are undoing a zipper.

I also eradicated the bindii from my footpath with this tool. This bright green plant contrasts markedly with the lawn grass and can be hooked out easily with the point of the hoe. This should be done when it is growing in the winter when the couch is dormant. If it is left to the springtime the plant will have seeded. It is spread mainly by dogs. The seeds have a needle

Standard dutch hoe



like spike on them and get attached to the pads on the dogs' feet and dogs, being what they are, give the customary scratch as they leave their favourite tree or post and leave the bindii seeds behind. The bindii seem to do best where there are small depressions in the lawn.

The tool is very useful in the garden among plants but care is needed for if one gets too close to the lettuce it may be harvested a little early. For weeds close to plants hold the tool vertically and move the tool away from the plant.

AUTUMN GARDEN HINTS

CITRUS SCALE

The most obvious sign of scale infestation is often the presence of ants, which are attracted by the honey-dew secretions of the scale. Sooty mould may also grow on the honey-dew. Scale can greatly damage or even completely defoliate your citrus trees, as they suck the sap and create dead patches. Once the scale is controlled the ants and sooty mould attracted by it will disappear. Use a white oil spray on an overcast, cool day with little or no wind and no likelihood of rain. Remove any maturing fruit before spraying and be sure to wet the underside of leaves as well as limbs.

MUMMIFIED FRUIT

After leaf-fall any mummified fruit clinging to your trees should be removed and burned to prevent re-infestation of brown rot next season.

FRUIT TREES

Keep fruit trees well watered as at this time of the year much of the trees' vigour will be going into the formation of flower and growth buds for next season – the longer the leaves remain green the better this development will be. Once the leaves start to fall watering can be gradually withdrawn, but keep the soil damp if you have a dry winter.

PUMPKIN PICKING AND STORAGE

Pumpkins should be left until the vines have withered or the first frost occurs. Leave stems attached on those you wish to store. Those with perfect skins will keep for months if packed in dry sand or sawdust. Any with skin blemishes should be used as soon as possible or rotting will set in.

ROSES FOR AUTUMN

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THE OLD DUNNY

by Donna Scattini, Kalgoorlie, WA.

The old dunny is now so covered with creeper that you can scarcely recognise it. The front door is permanently propped open by an old lounge chair with all the stuffing missing, this being a dog's bed – which is what the dunny has been used for in the past fifteen years. I suppose it is only a matter of time before it is pulled down.

Many childhood memories revolve around that old dunny, like at Christmas times when Nanna would visit. She was always embarrassing Dad by leaving the dunny door open. Like most of us, Nanna was afraid of the spiders! The fact was, though, that the back door of the house opened to reveal an unrestricted view to the dunny only 50 metres or so directly in line. As children, with a child's obsession for toilets and bodily functions, it was always the current 'dare' to peek through the little hole near the front door to see who was in residence – the hole being left for the purpose of letting some light into the windowless building

Dad used to empty the pan once a fortnight or so depending on the demand. We were admonished to only use the dunny when absolutely necessary and to go behind a bush if only 'spending a penny': just as well we lived in the bush! This was especially important at peak use times when visitors were present. We would delight in giving Dad progress reports on the 'level' especially after we observed a mishap one day when the contents, the can being a bit full, slopped on Dad as he was 'burying the policeman'. Not that we were permitted to observe the ritual, but being kids we would manage to find any excuse to be outside at the appropriate moment.



In our small imaginations, nocturnal visits to the dunny were likened to a visit to a haunted house. The spiders seemed more prolific and the torch was always shone under the rim of the hole to check for lurking nasties. No one went at night unless accompanied by an adult, especially in winter when the rain threatened to act as a bidet to your bum! Hence the idea of planting the creeper to insulate and weatherproof the building to a certain degree. Now the creeper is home for many small birds, who regularly nest in its tangled mass, and the flowers feed a myriad of bees and insects.

In a way the old dunny was an education in itself. Even now, the all pervading smell of phenyl still conjures up memories of hot sunny days, sitting inside with the blowflies buzzing at the door. I wonder if times will change to the extent that someday, in the future, people may well reminisce about the 'old fashioned' flush toilets of today? The mind boggles!

THE HOBBY FARMER'S D.I.Y. DUNNY

by David East, Dianella, WA.

*It was just an ordinary dunny –
Some thought it awful; others said it was funny.
The outside was green, the inside blue,
Really quite a good little loo.*

*Some said the technology was of concern,
The women especially did a slow burn.
Apparently a simple hole in the ground
Is no longer considered to be sound.*

*So we started to plan a modern facility;
I drew and calculated to the best of my ability.
We purchased a tank and leach drain parts,
A lot of expense for a couple of farts.*

*The construction phase was about to commence:
First of all a large hole just past the fence.
The beginning was easy through fairly soft soil,
Then I hit rock, that made my blood boil.*

*I chipped and hammered, drilled and blasted.
All the way to the bottom that rock lasted,
But finally it came to an end.
It was deep enough, what a godsend!*

*Now the leach drain had to be made
So once again I took up my spade.*

*The rock persisted till the end of that ditch,
Right until the last six inches, 'the bitch'.*

*But now the tank was in and the segments laid
So now I thought, 'Just the connections to be made'.
But I soon found out that there was more to learn
About installing your modern cistern.*

*First there is the selection of which type to buy,
What colour should it be and why
Should it be a single or double flush?
Does it operate quietly or go with a gush?*

*What happens finally is to consider the price,
That usually means the cheapest looks nice;
And so you purchase some secondhand gear
Cart it home and have a beer.*

*Installing a pan is not just play,
A lot can go wrong on that day.
It is best to start at first light
So you have time to get it square, straight and height just right.*

*But when at last your ordeal has ended
And your sore back and bruised hands have mended
You will have a place to sit and think
About what colour to paint it, 'What about pink?'*

Teach Yourself Calligraphy

by Jose Robinson, Wild Cattle Island, Qld.

Calligraphy (from the Greek words for 'beautiful writing') is a term which describes handwriting as an art form. This art has been highly valued for many centuries and today is enjoying an enthusiastic revival.

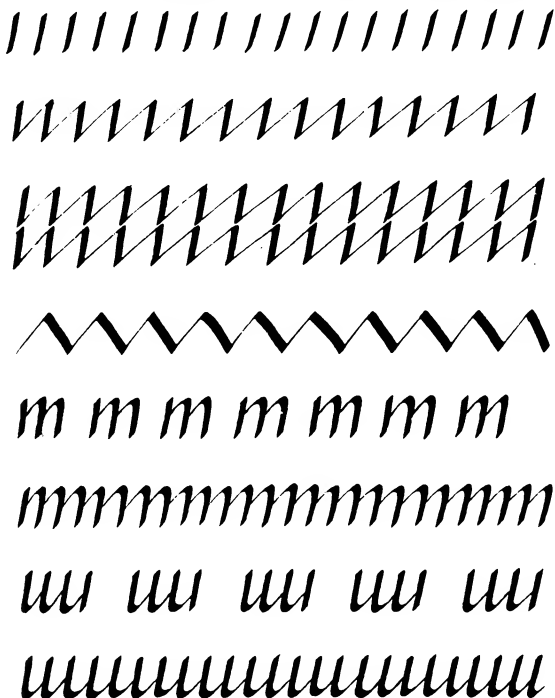
Medieval scribes traditionally produced precious and rare manuscripts, often making their intricate marks on vellum or goat skin, a material which has a fantastic lasting quality. In eastern cultures calligraphy, with its unique characteristics, was always placed above most other art forms. The sense of rhythm and movement in this manner of writing is dynamically expressive, yet has an abstract form. It is in effect, a carefully controlled form of drawing. Today lettering surrounds us in our everyday life, no matter how we live. We see it on T-shirts, in advertisements, on plastic shopping bags (environmentally friendly ones I hope), on shop fronts, posters and the daily newspapers, to name a few. Much of this stems from calligraphy and lettering design. Appreciation of and interest in formal calligraphy has been slowly accelerating during the last ten years in Australia and many people will find there are periodic classes in this art in their area. But why not endeavour to teach yourself? Most of us can write in a reasonably legible manner, this then is the simple groundwork for calligraphy.

BASIC EQUIPMENT AND MATERIALS

Pens

Special calligraphy pens are available. These have a chisel or square edge on them, the reason for this type of edge being that most calligraphy is made up of thick and thin strokes. These can only be produced with a square edge. Felt pens with a square edge are cheap and good for beginners to practise with but for advanced work the correct pen is a must. Some

Practice patterns for up/down strokes and free-flowing movement.



calligraphy pens are like fountain pens, designed to hold ink in cartridge form. Others are called 'dip pens' which are, just as the term implies, made to dip into the ink. These usually have wooden or plastic nib holders with interchangeable metal nibs. Some have brass reservoirs attached underneath the nib to hold small quantities of ink. These come in various sizes.

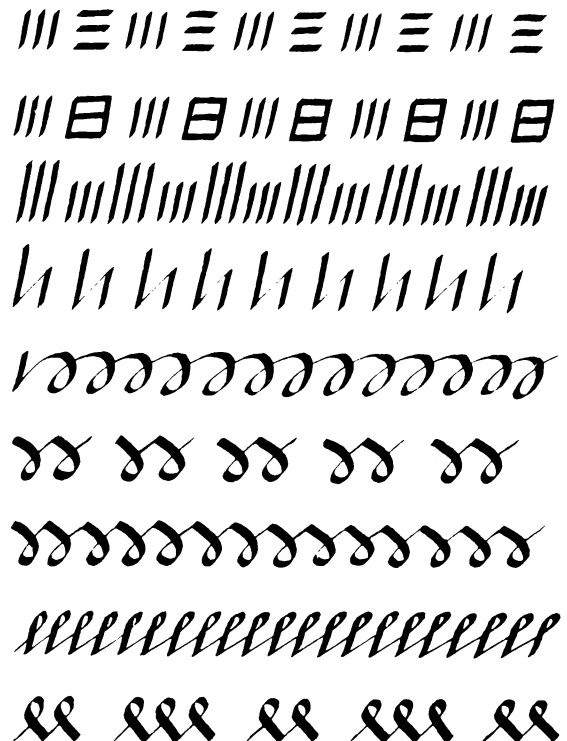
As this is an article on teaching yourself, perhaps you would also like to try making some homemade pens. You may try a quill pen made from a turkey feather, or a dried bamboo pen made from a slim bamboo cane. Instructions for these are at the end of the article. Strips of stiff cardboard cut into approximately 5 or 10 mm ($\frac{1}{5}$ - $\frac{2}{5}$ in) widths are useful for substitute pens. Pieces of suitable wire, twigs or even matchsticks can be turned into impromptu pens. Dip the end into a saucer of ink and experiment with thick and thin strokes. First try making various shaped marks on the paper with the trial pen. Don't jump into fancy lettering immediately – allow yourself to see what interesting marks and shapes can be made using these primitive tools. Chinese type brushes (the sort with bamboo handle) especially sizes 4 and 5 are also handy to have.

Inks

Special inks are available, but ordinary black or coloured fountain pen ink is quite suitable. Tip a small quantity into an old saucer or dish and dip the tip of your desired tool into this.

Drawing Board

A piece of very stiff cardboard or ply about 40 x 30 cm (16 x 12 in) makes a good baseboard to lean your paper on when working at calligraphy. Never work on a flat table, it restricts the free flow of the hand. The ideal position when you are seated



Sample alphabet – note variation in thickness of the strokes.



at a table should be with the drawing board resting on the table edge and the lower edge of the board in your lap. This should make the angle of the board about 40 to 45 degrees. Tape a sheet of paper firmly to the lower half of the board on three sides, leaving a pocket at the top, halfway up the board. This enables you to slip the writing sheet into the pocket where your hand will rest while writing. The taped sheet acts as protection and can also be used as a sampler for trying out your pens as you write.

Paper

White A4 paper of quality 75 to 80 gsm or cartridge paper may be used. When you become proficient, special card or handmade paper is ideal. Several sheets of various width thick black lined paper are useful to slip behind your working sheet to help keep the writing lines straight. If you are working with non-transparent card, then very lightly pencilled lines are acceptable. Use a H or 2H pencil and the lines may later be erased with a soft rubber eraser.

BEGINNING

Before starting to experiment, cover the work table with an old cloth or newspaper, then you can spread out and lay wet pens down quickly without damaging them. Take a sheet of paper and slip it into the pocket of the drawing board. Pour a small amount of ink into a saucer. Dip one of the cut strips of cardboard into the ink, holding the strip like a paint brush rather than like a pencil. For the correct angle of the pen to the paper, the square edge of the pen should be held at an angle of 30 degrees to the horizontal writing line. It is the pen's square edge and the constant angle that give the letters their strong character. The angle should not vary.

Now try some free-form marks on the paper, straight lines first, using a thick and thin method. This is accomplished by pressing down for the downward thick strokes and up for thin upstrokes. Try doing some 'V's, down and thick for the left side and up and thin for the right side. At this stage don't intentionally try to make letters, just make marks, but be inventive and bold in what you do. Try a few lines with all your different pens or homemade markers. Even dots, circles, zigzags and overprints are good practice for future lettering. If you're using a cardboard strip for a pen and it gets soggy after a while, simply cut a new straight chisel end. The more practice you can do, the better you will be able to handle intricate

lettering.

When you feel you are ready to try letters, remember that the size of a letter is determined by the width of your pen's square writing edge. For example you can't expect to do small writing with a wide pen. As a guide, capital letters are usually seven pen widths high from the writing line. The body of a lower-case letter is four pen widths. Letters with 'tails' at the top such as 'd', 'k', 'b' which go up to the top line are usually seven pen widths from the writing line. The letters with 'tails' at the bottom such as 'p', 'q', 'g' and 'y' go below the writing line for three pen widths.

Try a few lines of lower case and capital 'I' and 'O'. For a capital 'I' start by making a short serif (or fine upward line) near the top of the line. Now without lifting the pen, continue a thick downward stroke right to the writing line. Now for the tail. This is formed by a short horizontal thick line veering upwards and trailing off to a thin end with a staccato upward stroke. A serif is a fine line or a kind of hook, used at the beginning of many letters in calligraphy. The lower case 'i' begins similarly except it begins halfway between the line spacing and ends with a slight curve upwards finishing in a fine end. The letter 'O' can be formed the same for both capital and lower case. With a smooth slow motion of the pen, make the curved stroke downwards on the left side of the 'O' and lift the pen. Now join at the top to complete the letter by making another curved stroke downwards on the right.

There is no actual measurement of distance apart for lettering, the reason being that all letters don't take up the same space. You need to use your visual judgement to guide you. For instance the letters 'M' and 'W' are much wider than the letters 'i' or 'l' so the space between has to be such as looks correct. The most important thing about lines of continuous writing is that they should be easy to read. Once you are confident with your letter shapes it is easy to do calligraphy work with a freehand flow.

TO MAKE A QUILL PEN

The most suitable feathers are from turkeys or geese. The major flying feathers in the bird's wing are tough and strong and make excellent quill pens. Before shaping the quill, make sure the feather is completely dried out, which can take several months.

Trim feather so that it is approximately 18 cm (7 in) long and has a clean shaft free of barbs. Place working end firmly on a cutting surface and beginning about 2 cm (1 in) from the tip and cutting towards the tip, make a curving cut away from you into the shaft of the feather. Make sure the knife is very sharp. Next make two more cuts, one to the right hand and the other to the left hand side of the shaft. These too should be slightly curved. There should now be two parallel lines right to the tip. With a needle, remove the white substance from the inside of the feather. Put the tip on a steady surface and cut a square end at an oblique. Now cut a short slit down to the tip from the underside. This will allow the ink to flow smoothly to the writing edge.

Now you are ready to try out your new quill pen. Using a brush, dip into ink and gently apply it to the rear of the quill and you are in business. Use a little pressure, though the ink should flow smoothly and easily. Don't dip the quill itself into the ink, as you will end up with blots on the paper. A successful quill pen should be capable of making bold thick down strokes and delicate fine upward lines. If the tip wears after a lot of use, cut a new end by shortening it a little. Bamboo pens are made in a similar manner from very thin canes.

Most libraries have good calligraphy reference books. One to be recommended is *The Calligraphy Manual* by Arthur Baker.

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The second edition of this most useful publication is now available to assist those who are concerned about giving unwitting support to companies whose products or activities damage our world. It lists organisations involved in the nuclear industry, destruction of rainforest or ozone layer damage, food irradiation and the South African economy, and gives details of their products for those who wish to avoid them. Available from the Australian Non-Buyers Guide Collective, PO Box 368, Lismore 2480.

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PENPALS

Hi! My name is Casan. I am a 49 year old New Zealander, planning to soon come and live in Australia. My interests include photography, martial arts, ancient religions and culture. I have travelled widely particularly in the Orient and would now like to exchange ideas and dreams with people in Australia before going to live there.

PO Box 55, FOXTON, NZ.

Hi! I'm a 20 year old girl who is a devoted animal lover, especially fond of goats. I would love to hear from anyone, male or female, 18 years onwards who shares a love of animals. I will answer all letters, and would welcome overseas penfriends also.

Jay, PO Box 1029, ROCKHAMPTON 4700.

My name is Tamra Lees. I am 19 and married. I would love to correspond with anyone with the same interests as myself – gardening, animals, reading, cooking and craft.

Box 78, MUNDULLA 5270.

Hi! My name is Ngaire Baker. I am a 10 year old girl and I live on a farm in New Zealand. I would like an Australian penfriend between the ages of 10 and 12. My interests are: collecting stickers and stamps, playing the organ, and helping on the farm. The animals we have on the farm are: goats, sheep, horses, cows and calves.

Old Maratoto Rd, RD 4 Paeroa, NORTH ISLAND NZ.

Hi! I would like a female penpal 11-12 years of age. I am 11 years old and my hobbies are horseriding and stamp collecting. My favourite animals are horses.

Vanessa Alsemgeest, PO Box 117, ROSEWOOD 4340.

My name is Louise Bucciarelli and I am 15. My interests are watersports, animals and caring for the environment. I wish to correspond with male penpals aged 14-19 from all over the world. All letters will be answered.

17 Oak Avenue, BROWNS PLAINS 4118.

Hi! My name is Sarah Vartholomeos. I am 17 years old. My interests are dancing, music, having fun, water sports and astrology. I would like to hear from anyone between 16 and 20.

Lot 1, Lower Valley Rd, HAZELBROOK 2779.

Hi! My name is Willow and I would love to have some penpals. I'm into lots of things and will answer all letters. My letter box hasn't had a letter for ages and I think the postie has forgotten me. So if you like receiving long letters please write.

RMB 2395, Newstead Rd, FRANKLINFORD 3461.

I am 37 years old and have two children aged 6 years and 18 months. My interests include astrology, numerology, meditation and a reasonably healthy lifestyle. I would love to find a penpal with similar interests.

Sherryl Barker, C/- 3/43 Creery St, MANDURAH 6210.

QUICK-THAW MEAT

When you take meat from the freezer, put it in a large plastic bag and peg securely on the clothesline. Make sure it is flyproof and higher than the dogs can jump. It will thaw quicker than indoors.

CRYPTIC GRASSWORD

Continued from page 45.

C	A	L	I	C	O	+	F	E	E	L	E	R
H	+	E	+	H	+	+	+	I	+	A	+	U
I	N	S	T	E	P	+	B	R	I	T	O	N
C	+	I	+	W	H	E	R	E	+	V	+	N
K	N	O	B	+	O	+	I	+	L	I	F	E
S	+	N	O	S	T	A	L	G	I	A	+	R
+	+	+	N	+	O	+	L	+	O	+	+	+
P	+	Q	U	E	S	T	I	O	N	S	+	S
O	P	U	S	+	T	+	A	+	S	I	F	T
S	+	A	+	H	A	U	N	T	+	T	+	U
T	U	R	R	E	T	+	T	I	T	T	E	R
A	+	R	+	A	+	+	+	L	+	E	+	D
L	A	Y	E	R	S	+	N	E	A	R	L	Y

OF DONKEYS AND DREAMTIME

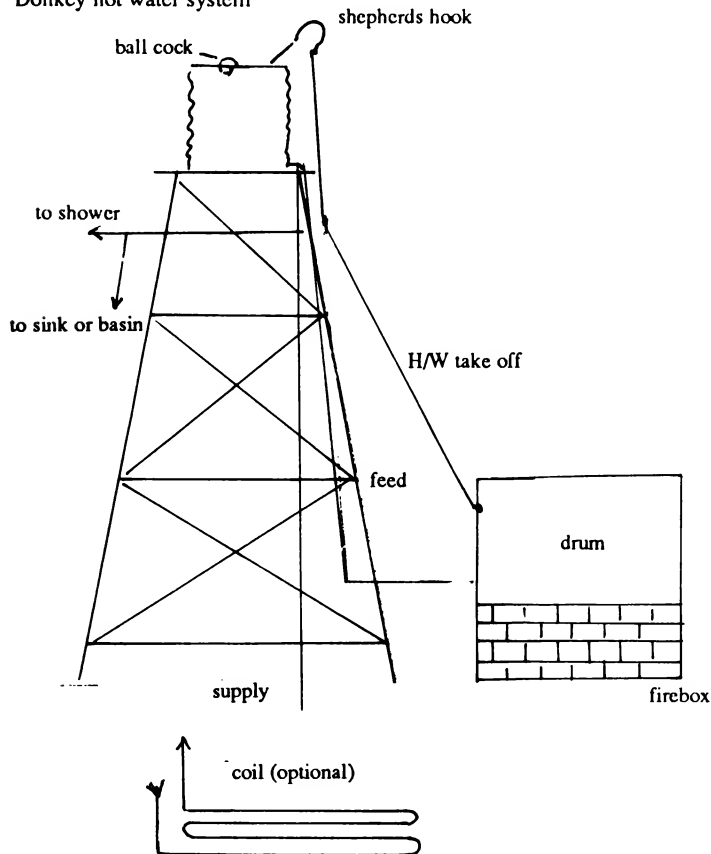
by Ray Curtis, Narrogin, WA.

In GR 75 Bill Rose asked for ideas in regard to what he called a 'Donkey Hotwater Heater' which would be simple to set up using a 44 gallon drum as he had in mind. Firstly you would need a strong drum which you would set up on bricks or some other support to have it sufficiently high off the ground to be able to put a fire under it, place the drum with the bungs vertically above one another and fit a bend to the top one and a nipple to the lower one. You would need a feed supply of water above your shower rose height with a cold water pipe going down and coupling onto the lower bung. From the top bung you take a 19 mm ($\frac{3}{4}$ in) copper pipe up, fit a 'T' in position for your shower take off and continue the pipe up to above the supply level where you make a shepherds hook on the end and face the outlet into the tank. This acts as a safety valve if the water boils and any hot water discharged is directed away from harm's way into the top of the tank.

The heater could be improved by getting a heavy piece of 25 mm (1 in) copper pipe, bending it like a stove coil and clipping it under the drum, with a short end long enough to couple to the bottom bung and the other a little longer to attach to the top bung, but to do this you would need different fittings at the two points to make connections.

To make the shepherds hook, heat the section of copper pipe required to a bit better than cherry red and quench in cold water after which you should be able to work the hook into shape by hand. Be warned though: as heat travels quickly along copper pipe, protect your hands and see no one is near the end of the pipe when you quench it as hot water may be spat out.

Donkey hot water system

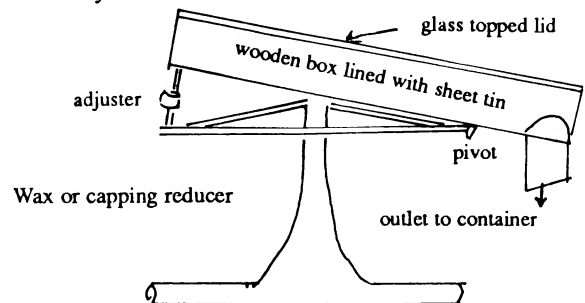


MORE USEFUL 'DREAMINGS'

Being a dinkum 'Sandgroper' I believe in 'Dreamtime' but mine is a bit different from those other blokes and I thought I would pass on twins from my 'Dreamtime' which may in their present form, or modified to suit, be of some use to alternative lifestylers or small cockies like myself.

Wax Reducer

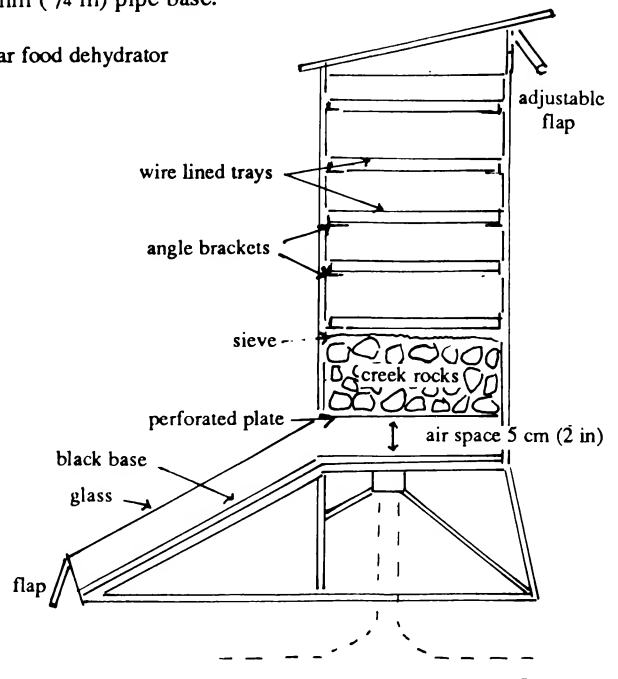
The auxiliary base is made from welded 12 mm ($\frac{1}{2}$ in) pipe with pivot hooks on the lower end and an adjuster from an old hospital bed on the top end. The box is made of timber about 60 cm (2 ft) wide and 15 cm (6 in) deep, with a tightfitting lid holding glass infill (length to suit). The box is lined with sheet tin with a screened outlet near the bottom which deposits wax into a container swung below. The adjuster can be raised or lowered to bring the glass into the correct angle with the sun, and the auxiliary base can be rotated 360° to place it facing the sun at any time.



Food Dehydrator

Hot air rises between the glass and the black base, heating rocks over the perforated plate and rising up through drying trays, passing out the top at the adjustable flap. Rocks release heat during the night reducing risk of sweating. The dual purpose base is a modified 'A' model Ford diff half, welded to fabricated 19 mm ($\frac{3}{4}$ in) pipe base.

Solar food dehydrator



Down home on the farm...

by David Miller.



'What did you say to Kath last night?' I asked Megg. 'I can't remember,' was the quick reply, 'Why?' 'Well, she spent five minutes on the phone telling me that you and I had to make the time to be together! You must have said something.'

I had phoned my mother on my birthday because she had rung the previous evening and found me away delivering cattle. She obviously felt it was not right for me to be away on the eve of such a special day. Still, I suppose mothers have been in states of despair over their sons for years.

My projects are often slow to start, then suddenly take off with a rush. At the moment both Megg and I are in a rush phase, so we don't see each other very much, and then it is usually only to plan what we are doing for the next week or so. I have had orders for cattle for some time, and am now in the satisfactory stage of making deliveries. This is taking me interstate as well as on long trips across Victoria. As well, I have been involved in selecting a Highland bull for the Australian Highland Breeders Society. This bull is to be used for semen collection and the semen sold at a low price so commercial beef producers and dairyfarmers can see the characteristics of the breed without going to the expense of buying a bull of their own. Then there is the Society Newsletter (my next job after this article), helping Wayne on the farm with the breeding program and ploughing up some of the rough paddocks to sow new pasture before the first rain in autumn.

Megg presented me with a lovely book on cottages for my birthday. I decided to take it to bed at 10.00 pm while she went round and tucked her poultry in for the night. She apparently found me fast asleep at 10.30 with the book still open on the bed. Perhaps a busy life is the recipe for a good night's sleep.

I was laughing about this with the mother of one of Sunshine's school friends. Lael operates a farm, runs the family, takes the kids to and from the school bus and still has time for other interests. We were joking about reading the newspaper in bed, falling asleep and finding it in exactly the same place next morning when we woke up. Sunshine had been staying on their farm and had spent much of the time driving around the property in the farm ute. She had then come home and requested some lessons in our car, so we went into a nearby paddock and spent half an hour going from first to second gear, stopping, then starting again. I was thankful that we could easily find somewhere for Sunshine to practise – there are plenty of living situations where this would be very difficult.

The chook scene is a schemozzle at the moment. Would-be mothers are restlessly searching out nesting spots all over the garden as they realise this is their last chance to preserve the race before the onset of winter. Megg is inclined to leave them to it as she is in the middle of feeding her largest numbers for the year. There is a wide variety of breeds in all stages of development, so there is lots of feeding and watering, and moving of birds from one shed to another late at night to make room for the next group coming out of the incubator. There are people coming to collect their birds or to order stock for later

in the year, and Megg is also busy helping produce a new magazine on poultry. So apart from the usual piles of articles and letters associated with GR which seem to be constantly on the move between the house and the office, there is a further set of stacks of poultry notes, articles and reference books.

Feathers, our Australian cattle dog, found a hole in her run and appeared at the back door a week ago. She looked like a barrel on four legs and I enquired as to her procreative state. Some time back I had patiently listened to a story in the middle of the night about dogs barking, Megg investigating with our spotlight torch, and the discovery of a fox trying to get into the dog run to mate with ours. I watched Feathers closely after this to see if she was coming on heat but to no avail and must confess to thinking these stories were probably manufactured to get me excited enough to take a turn checking the poultry every time a dog barks at night. I have resisted this successfully, so far. However I was told that Feathers had been seen mating with our dog Lou some time ago, so that explains her state and newfound interest in finding a home for herself outside the run.

Feathers is like a shadow. Wherever we go she goes. She follows Megg everywhere when she is feeding the poultry and vies with Merle the Merino for attention. Merle is quite adept at getting herself to the forefront at all times. She studiously follows the wheelbarrow and is trained not to enter a shed when the door is opened. If there are any transgressions, a sharp word will bring her up short. Who said you could never train a sheep? Merle probably thinks the wheelbarrow is her mother, after all it has always been the source of food.

When there are visitors, Merle forces herself between them and Megg. The only time this did not work she stood and nibbled the visitor's shoelaces undone. Feathers, on the other hand, has a clearer intelligence and knows that her life is going to be improved if she can impress people. So she is kept busy getting really involved with everything that is going on, and keeping Merle in her place. Of course, whenever you get a container full of feed for the next shed, you first have to push Feather's muzzle out of the way, move her out of the path of the barrow before you move on, and drag her away from Merle if the poor lamb gets too close. A few days ago, Megg and Feathers were cleaning out some old eggs from the incubator. Megg was tossing them into a shallow container under canine supervision when the last one, obviously very old, exploded as it hit the dish. It went off with a bang, rotten egg flew everywhere and a fat red dog disappeared with a wild yelp.

Actually that was not the first time Feathers had encountered eggs in such a state. There are plenty of old nests around our place and on her first day of freedom she cleaned them out one by one. Megg and I were sitting at the kitchen table when Feathers appeared at the window with a broad smile on her face and breathed heavily in at us. The small kitchen was quickly filled with the overpowering smell of rotten egg. We cleared out immediately wondering how on earth an animal could eat something that putrid.

Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

WESTERN PERMACULTURE MANUAL – ed. David Brown.

'Permaculture' writes the editor, 'is about the productive relationships between the components of an evolving system, consciously designed according to ecological principles'. A collection of articles contributed by many different practising permaculturists, the book is not primarily for beginners and it is assumed that readers will be familiar with Bill Mollison's *Permaculture One*. It aims to promote some of the central aspects of permaculture that have often been obscured by superficial media coverage: 'the energy equation; the link to practical land conservation; habitats and species; the human community dimension; the intellectual design process; the ecological systems approach and the interdependence of all these aspects.' If you can stop chuckling after reading David Brown's witty preface you will find much to interest you in the varied articles which follow.

P/b, 160 pp, Aust, Cornucopia Press. RRP \$16, plus postage: \$1.50 one copy; \$2.50 two copies. Available through PAWA Inc, PO Box 430, Subiaco 6008.

ORGANIC CONTROL OF COMMON WEEDS – Jackie French.

The author, who has been a full-time orchardist and market gardener, now writes regularly for magazines and newspapers and has published several books on organic gardening. In the introduction to her latest book she says 'Many languages don't have a word for 'weed'. It wasn't an Aboriginal concept. White settlers did not just bring weeds to Australia, they brought the idea of weeds.' This book may redefine your idea of weeds and show you how weeds can be an integral part of a vigorous healthy garden. Many uses of weeds are described—from eating them to using them as mulch. Of course there will still be situations when, often due to past land misuse, control of weeds and regeneration of pasture is necessary. You will find many practical environment-safe suggestions for coping with specific weed problems, both in your garden and in your paddocks. As well as being full of valuable advice the book is interesting and amusing to read. More illustrations would have been helpful in identifying the many different weeds which are discussed, particularly the edible ones – be very wary about trying these unless you have made a positive identification.

P/b, 123 pp, Aust, Aird Books Pty Ltd. RRP \$13.95.

GUMBOOTS AND OTHER RISKS – Gillian Barnett.

Fourteen year old Kate has to move to the country with her family. Kate is a city girl and the unfamiliar horrors of country life, particularly snakes, spiders and horses, fill her with dread. Her feet sweat inside her gumboots all summer because she is afraid to walk outside without them for protection. When her young sister gets a horse Kate is sure some dreadful injury is just around the corner. Going to a new school, making new friends and missing old ones is even harder for Kate to cope with. She finds that country living holds many surprises and as she gradually learns about her new world she also learns about herself and how to deal with the various challenges she faces. The book is written with sensitivity and humour. The author has lived in the country herself and her familiarity with redbacks, snakes, horses and country people really brings the story to life. It delighted every member of our family from the six year old to the adults when we read it on a long car trip but will be especially relevant to young teenagers anywhere.

H/b, 156 pp, Aust, Oxford University Press. RRP \$15.95.

WE ALL CAN BE DOCTORS OF COMMONSENSE – Elizabeth Bowden.

The author trained and worked as a nursing sister, midwife and community nurse. When she found that her own health problems could not be helped by conventional medicine she looked to the alternatives and eventually trained and now practises as a herbologist. She asserts that we are all responsible for our own health and happiness; that commonsense, a positive attitude, healthy diet, massage and appropriate naturopathic or herbal remedies can keep us healthy. The importance of a holistic approach to health, with time and care spent on each patient, is stressed. The book is full of practical advice, not

only on symptoms and treatments, but on many lifestyle areas such as relaxation, belief in yourself and how to maintain a healthy marriage. Whether or not you agree with any or all of her ideas, the book is interesting to read and thought provoking.

P/b, 141 pp, Aust, Landin Press. RRP \$13.95.

SPELLING MADE EASY – Barbara Dykes/Constance Thomas.

This is a manual for parents and teachers, for adults struggling with spelling, people learning English as a second language and children for whom other methods have failed. In 15 years of experience working with adults and children with a wide range of literacy problems the authors found that it was often the absence of a structured teaching program which actually caused many of the problems. The key elements of the program are: linking the spoken word with the written word; providing background on the way English evolved from other languages; a step-by-step approach; explaining the rules of language, and understanding the exceptions; linking spelling with grammar and using words in their context in literature; developing a love of reading. The book is divided into colour-coded sections, each section following on from the previous one and carefully meshed into the next. The many parents who are home educators will find this an invaluable aid, as will teachers who are concerned about the inadequacy of present teaching methods for many children.

P/b, 127 pp, Aust, Hale & Iremonger P/L. RRP \$14.95.

THE GREEN CONSUMER GUIDE – J Elkington/J Hailes.

This book, originally published in Britain, has been adapted for Australia by *Choice* magazine and the Australian Conservation Foundation. It defines a 'green consumer' as 'anyone who is concerned about what we eat, how we live and how our purchases might affect the environment'. Although many of us are already concerned consumers, it is often difficult to see the link between what we purchase on a day to day basis and the ultimate environmental impact of those purchases – how, for example, the purchase of a fast-food hamburger can pose a threat to the world's rainforests. This guide offers positive buying advice on products which it recommends as environmentally acceptable, as well as indicating which products to avoid. It is designed to appeal to consumers from all areas of the economic spectrum, so that whatever your buying power your choices can give you real power to influence the market place. A simple cross-referencing system directs the reader to relevant points of interest in other parts of the book. Many tables, helpful addresses and further reading lists add to the usefulness of this comprehensive guide.

P/b, 326 pp, Aust, Penguin Books. RRP \$14.99.

IMAGINE – Allison Lester.

This is a delightful book of animals for the 4-6 year old age group. The amusing, rhyming text is complemented by detailed colourful pictures which children of all ages will find intriguing. The children of the story imagine they are in various areas of the world, for example . . . 'alone in the moonlight where bandicoots nibble and wallabies jump, where wombats dig burrows and kangaroos thump . . . ' The following illustration then puts them into that very picture. A lovely gift for any young child.

H/b, 32 pp, Aust, Little Ark/Allen & Unwin. RRP \$15.95.

SUPER VEGETARIAN MAIN MEALS – Vikki Leng.

Vikki Leng is well-known for her enthusiastic promotion of vegetarian food on television and radio and as the author of several best-selling vegetarian cook books. She believes that food should satisfy all our senses, not just be good for us, and regards the presentation of an attractive meal as an art form. Whether you are a vegetarian or a carnivore your taste buds will be tempted by over 120 delicious, nutritious main meals. There is also advice on diet, nutrition, shopping, storage, coping with one vegetarian in a family, cooking for one, and many handy hints. Given the author's love of colourfully presented food I found the lack of illustrations surprising.

P/b, 158 pp, Aust, McCulloch Publishing Pty Ltd. RRP \$14.95.

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

STRAW CEILINGS

Painted ceilings can be a thing of the past with the installation of Solomit strawboard. Manufactured in the heart of Victoria's wheat belt, this natural straw product provides exceptionally good sound absorption properties and thermal insulation. It looks good, has a high fire resistancy and being lightweight it is an easy material to install. Solomit is made from compressed wheat straw sewn together with galvanised wire and is available in 25 mm and 50 mm (1 in and 2 in) thickness with widths ranging from 850-1500 mm (33-60 in) and lengths up to 5 m (16 ft). It is easy to cut using an electric power saw. For a free brochure and price list contact:
Solomit Strawboard, 26 Glomar Ct, DANDENONG 3175. Ph: 03-793-3088.

FLEXISHEAR

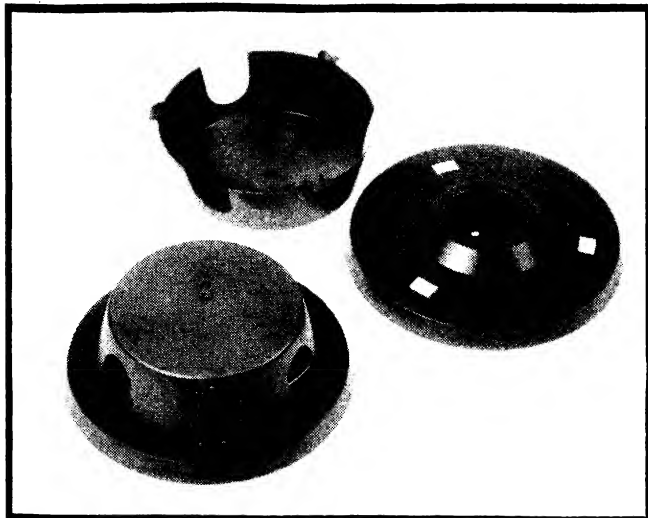
Nelco have produced a much needed 'go anywhere' portable shearing machine. The 'Flexishear' is lightweight and powerful and the handpiece is direct driven by its own electric motor, doing away with the need for a downtube. It simply plugs in like an iron. The motor can be run off either 240V AC mains power or a 12V DC car battery, all on the same unit. Any make of standard wide gear cutters or combs can be fitted to 'Flexishear' and it has been designed to operate all day in high temperatures even when shearing dense merino fleece. It meets all Australian Electric Standards approval for hand held electric tools with safe operating voltage. There is an on/off switch on the handpiece and another on the control box, as well as an automatic cut-out which operates if the handpiece strikes a metal eartag. The whole component comes complete in its own carrying case with built-in compartments for brush, oilcan, combs and cutters. The total weight is only 8.5 kg (18½ lb). Now you can crutch or shear those stragglers anywhere on the farm. For further information contact:

Nelco Flexishear, 3/8 Alcorn St, BOWRAL 2576. Ph: 048-614-011. Fax: 048-614-367.

CONTAINER FOR BAITS

Snail and mouse baits made of toxic chemicals are as attractive to dogs and cats as they are to the pests. To protect your pets from poisoning, Blue Lake Industries have produced a bait holder that works. 'Bait Safe', made of dark green moulded plastic, has a base with a dish to put the bait in, a 30 cm (12 in) wire stake to hold the base to the ground and a clip-on cover with holes for the pests to enter, but limited access to pets. As snails and slugs are attracted to damp bait the 'Bait Safe' allows rain or watering to enter and dampen the bait without actually washing it away. 'Bait Safe' can also be used for mouse extermination, or to rid your house of ants. They are generally sold in minimum packs of three. For current prices please contact:

Blue Lake Industries, 39 Gynea Cres, MANNERING PARK 2259. Ph: 043-591-755.



TREE SAVER

Stop carrying buckets of water to those new trees now. David Walker of Brisbane has invented the Eco Bag which guarantees the survival of newly established trees. The Eco Bag is a 20 lt (4½ gal) capacity ultra violet plastic bag. It is U-shaped to fit around the tree and sits relatively flat on the ground covering an area of 60 x 68 cm (24 x 27 in) thus acting as a weed control as well. A flow wick delivers approximately 1¼ lt (2 pts) of creek, dam or other available water to the tree roots every 24 hours without blocking. This amount can be increased or reduced depending on the season. Simply refill every 3 weeks in summer, less in winter. The bag acts as mulch, but if you wish to camouflage it, simply cover with a light material such as straw or sawdust. The Eco Bag will last long enough to protect several trees through their early stages. The price varies depending on how many you order.

269 Fig Tree Pocket Rd, FIG TREE POCKET 4069. Ph: 07-378-9723. Fax: 07-378-7487.

MUDBRICK RENDER

An earth wall has a surface coating applied to it to achieve several objectives: it protects against water such as rain on the outside or washing machine floods on the inside, while still allowing the wall to 'breathe' (absorb and release atmospheric moisture); it stops mosses and vegetation burrowing into the wall; it should also seal in dust and provide some surface hardness to prevent the wall rubbing off onto your clothes. As well as these factors the render must be cheap, easily available, simple to use and look good when it's all finished. The Victorian Mudbrick Building Services recommend Acropol for interior and exterior walls. This product, now available to the home handy person, is easy to apply and bonds deeply to earth walls without imparting colour or gloss to the surface. It is water-based and non-toxic. Instructions on the preparation of the wall surface of your mudbrick dwelling along with helpful information concerning the application of an earth wall render are all available from:

Rex Candy, Victorian Mudbrick Building Services, Back Wombat Rd, BOISDALE 3860. Ph: 051-454-352.

SOLID FUEL WATER HEATER

For large quantities of economical steaming hot water, the Edson Supaburn provides the answers. It is primarily designed for wood, though other solid fuels may also be used. The extra large firebox allows use as an incinerator for those unwanted cartons and papers, providing hot water at the same time. To prevent rust corrosion the Supaburn is of all copper construction. High density rock wool insulation helps to retain heat for long periods after the fire has gone out, eliminating the need for continued loading. The standard Supaburn is designed for low pressure operation i.e. overhead tank, reduction valve, with open vent to atmosphere, maximum operating head 75 kPa (11 psi) on 7.5 m (25 ft) head. It has a capacity of 160 litres (35 gal) and measures 460 x 480 x 1580 mm (18 x 19 x 62 in) high. The hot water output is 300 litres per hour raised 58°C (66 gal/hr raised 80°F). For further information concerning suppliers and price please contact:
R Edmonds & Sons Pty Ltd, 7 Fury Crt, CLAYTON 3168. Ph: 03-548-1133, 03-548-1612.

MAIL ORDER POULTRY EQUIPMENT

Bellsouth is a small family business which sets out to meet the needs of the non-commercial poultry industry through a 120 page mail order catalogue listing a wide range of quality poultry equipment, including incubators, brooders, feed and water systems, processing equipment, medications and books. Many of the products are illustrated and described in detail, some accompanied by technical bulletins of more detailed notes aimed at ensuring correct use of equipment and medications. Bellsouth also publishes booklets on poultry topics, runs a poultry club, answers many enquiries about poultry keeping and maintains current breed directories. Cost of the catalogue is \$5.

Bellsouth Pty Ltd, PO Box 522, BELGRAVE 3160. Showroom - 140 Colby Drive, BELGRAVE STH. Ph: 03-754-4293. Fax: 03-754-7548.

PROPERTY FOR SALE

NEW SOUTH WALES

BELLINGEN 1 share M/O on about 2 ac. Kiwi fruits, mix orchard, most under irrigation, shed, estab garden, fenced, good soil, perm creek, unlimited drinking water, ideal self sufficiency. 2 b/r home, weatherboard, HWS, solar 240V, double carport, bathroom. Going overseas, must sell. \$130,000. PO Box 28, BELLINGEN 2454. Ph: 066-552-109.

FAR NTH COAST TABULAM 100 ac gently undulating pasture improved, seasonal creek, lovely view, power nearby, nthly aspect. \$55,000 ONO. Ph: 063-843-258 AH.

TABULAM far nth coast, 2 hrs to beaches and only a few km to Clarence River, 108 ac, excell 4 & 5 barb fencing. 75 ac could easily be worked with 2WD tractor, rest timbered, perm creek, 2 springs. Ph avail, presently running cattle, numerous house and dam sites. Ph: 066-663-608.

BEAUTIFUL 5 AC 3 b/r house, perm water, pumps, carpets, blinds, shed. \$135,000 ONO. **CORAMBA**, nr COFFS. Ph: 066-544-146.

COMFORTABLE UNIT, large 1 b/r, quiet location close to Canberra, ideal for working couple or single, \$42,000. Ph: 062-977-886.

NAMBUCCA VALLEY - 80 ac. 3 b/r modern colonial western red cedar colourbond home in sylvan garden setting. Hand crafted by master builder. Full length hand made colonial windows invite the garden within every room. Verandah all round. Elec, perm creek, great swimming holes, 2 dams, numerous fruit trees. Undulating cleared to steeper timbered hillside. Nthly aspect. School bus. 10 mins from BOWRAVILLE. \$200,000 ONO. Ph: 065-682-389 or 682-703 AH.

ACRES, HOME AND INCOME near Cootamundra. Comfortable 3 b/r home, mod kitchen, all facils, great views, ceiling fans. Lge organic garden, 45 mixed fruit trees, poultry sheds, goat & sheep yards and factory for manufacturing business which provides an ample perm income. Plus 4 ac 2 doors away, suitable for market garden or orchard, may be subdivided, all facils, with 3 road frontage. Will not separate. \$137,000. Ph: 069-431-559.

100 AC top Hogarth Range, 30 km Casino, school bus, views, c/van with phone, shed. 1000 gal tank, 6 ac pasture, dam. Balance steep bushwalking, wildlife, timber, cliffs, caves, gullies, creek. Handy building size stones. Lane frontage. \$53,500. Write Nicholl, C/- PO, WINGAREE 2474.

COONABARABRAN 20 ac 8 km from town. 6 ac natural bush setting, covered in native plants incl flannel flowers & boronia. Balance arable, suit native plant nursery, herb farm or organically grown veg (local retail outlet). 177 sq m house partly constructed with 100 yo sandstock bricks & solar HWS among many building items. Owners living in comfortable 36 x 24 steel framed shed. 10,000 gal tank, fully equip bore to 1500 gal tank. Lge garden with reticulated water system. Many fruit trees, fowl run. Ph, power connected. \$80,000. Ph: 068-422-296.

GRASSIFIEDS

KEMPSEY 27 AC, 13 miles tar sealed road, natural bush, cleared homesite, power at front, school bus, spring on property. \$37,000. Ph: 02-823-5101.

WEST OF EDEN in beautiful river valley, 54 ac, 1/3 cleared, creek, fenced, good access, dams, orchard, garden, sheds. Lovely rustic mudbrick cabin 14 sq with all mod cons, septic toilet, phone, solar power plus 5 kva generator. 4 km to shop, school, village. \$90,000. Ph: 064-967-196, 02-699-5571. Gardaya, C/- PO, TOWAMBA 2550.

ADOBE HOME on 13 ac, charm & character, leadlight windows, exposed beams, clerestory windows. Solar design, solar 240V power, mains nearby. Estab garden, water, fruit trees etc. Lge workshed. 1/2 hr sth of GRAFTON. \$120,000. Ph: 047-824-867.

HOBBOY FARM 8 ac, old 3 b/r home, sheds, young orchard, 2 rotary hoes, seed planter, 4 cows, main rd front, irrigation licence, roadside stall, daily mail, school bus, 10 km town. Selling owing illness. \$80,000 ONO. Ph: 076-664-171.

MID NTH COAST, Bowraville NSW 240 ac, f/hold title, secluded retreat, rainforest, good paddocks, perm water, chemical free, no power, phone, mud brick dwelling, sheds, gardens, school bus, ideal for co-op purchase or single buyer. State Forest boundaries. \$150,000. Ph: 065-647-781.

GRATTAI house, land & income 30 km from Mudgee. 2 b/r elevated Logan home, lge verandahs, on 25 ac in scenic gold area, fenced, lge w/shop, carport with c/van. 11,000 gal in tanks plus perm creek, self contained with wind generator & 5 kva generator. Wired 240 & 12V, storage batteries, gas HWS plus room heater with hot water coil, gas cooking, BBQ. Income from Nissan Urvan, school bus, serves as second car, grosses \$17,000 per annum. Ideal GR prop. \$98,000. Ph: 063-733-654 AH.

GRAFTON area, 83 ac natural unlogged bush. Temp 2 b/r dwelling. Lge dam, perm creek, partly fenced. \$40,000 ONO. Ph: 02-499-2169 or 02-809-6581.

WOLLOMBI REGION, secluded valley prop. 22 ac, 3 b/r hardwood cottage, ph, stockyards, dams, fenced with creek, flood free, 1 1/2 hr Hornsby. Solar power, 17 km within Yengo Nat Park. F/hold. Timbered ridges surround this valley with 1/3 cleared flats & 1/3 cleared slopes. Enough split stone from old quarry will be left for one house or extensions. \$130,000 ONO. Ph: 043-233-118.

QUEENSLAND

TOOWOOMBA area 128 ac mountain bush retreat, beautiful views, wild orchids & ferns, semi perm creek, good timber, abundant animal & bird life, 7 min shops, near Nat Park. \$38,000. Ph: 07-287-2373.

500 AC WEST DARLING DOWNS very private, peaceful, large Queenslander, 5 b/r, sunrm, encl verandah, lgerm, diningrm, games rm, tennis crt, potbelly, comb stove, dble carport, estab gardens, sep cottage, 2 lge dams, 22 km to town, school bus end of road. \$140,000. Carol Baxter, 16 Ryalls Rd, VIA MILES 4415.

HOUSE & ART GALLERY, power, comb stove, septic, part furnished, pump to dam. C Edmonds, WILLOWS GEMFIELDS 4702. Ph: 079-855-146.

100 AC for sale, Wicambilla estate near Tara, Qld. Bargain at \$10,000. Ph: 070-954-580.

ORGANIC VEGETABLE FARM 150 ac mostly forest. 2 1/2 ac creek flats, perm creek, 5 ac irrigation licence. Very clean forested valley, currently selling to Warwick, Toowoomba, Kyogle & Brisbane. Mudbrick house, lge shed, power avail. 50+ estab fruit trees. Good rainfall, near Killarney, 4WD helpful. Seclusion yet 2 1/2 hrs Brisbane. \$95,000. Ph: 076-644-211.

DALLARNIL 2 AC new 1 b/r house, 2 vrs, elec stove, HWS, 2 dams, bore, 7000 r/w, pumps, 25 x 25 shed, fenced, close school, shops, 3/4 hr Maryborough, Bundaberg, fruit trees, shrubs & trees. Good views, \$49,500. Ph: 071-277-129 after 5 pm.

HERVEY BAY 35 min away, 40 ac block, Howard, partly fenced, flood free. \$33,000. Ph: 071-964-570 or write: A Tedge, Delaneys Ck Rd, D'AGUILAR 4514.

15 MIN TOOWOOMBA 3 b/r brick house, garage, shed, 10 ac, 4 1/2 cultivation, 5500 g/h bore, 5000 gal r/w tank, 35 hp tractor, slasher, rotary hoe & cultivator. Beautiful mountain views, \$135,000. B Malone, M/S 224, VIA TOOWOOMBA 4352. Ph: 076-303-341.

BLACKBUTT RANGES SE QLD, move to a growing new settlement. Remain independent by owning a fully wooded 2 ac block in Benarkin, 6 km from Blackbutt. Fertile soil, reliable rainfall, bitumen roads & power to front boundary. Buses to schools. \$15,500. View Lot 186, Grants Road. Contact Bill Webb, Box 34, KINGSTON 2604. Ph: 062-865-530.

SPRINGBROOK QLD - 22 ac r/forest. Common border & track link with Nat Park. Bordered both sides by r/forest, plus cliff top border offering spectacular views. Unimproved open plan cottage, suspended loft b/r, polished floors, new kitchen, bathroom & s/c stove, power, phone, outbuildings, sealed approach, good drive to secluded homesite nestled in forest. Unique property of outstanding biological & aesthetic worth. Deserves caring & respectful owners. \$135,000. Ph: 07-378-9374.

GYMPIE AREA 45 min to Noosa, near new 3 b/r clay block house, 3 sides verandas, sealed road, 20 ac rich soil, 8 ac level, nice landscaped garden, view over green hills & privacy, river frontage, fenced 2 paddocks. \$95,000. Ph: Manfred, 071-499-618 or 071-477-142.

MACLEAY ISLAND - Here's your chance to purchase a 807 m² block on the high part of this idyllic island with views over Moreton Bay, only 40 min from Brisbane. Build your holiday home or get away from the hustle of city life for good. Close to the island's shop and the regular ferry service which connects this and the other islands to the mainland. Genuine sale \$23,950. Phone owner on 02-457-8902 AH, or write to 12 Burke Place, MT COLAH 2079.

PROPERTY FOR SALE

QUEENSLAND

1.999 HA (5 ac) Tiaro Qld, sth of Maryborough, approx 5 km from Bruce Highway, f/hold, sml dam, timbered. \$15,000. Ph: 079-381-915.

TIARO - 2 ac of virgin growing land. Situated halfway between Gympie & Maryborough, this block would suit those who desire self-sufficiency. Ideally located near a community of like minded people. Only \$12,500. Phone owner on 02-457-8902 AH, or write to 12 Burke Place, MT COLAH 2079.

FLAGGY ROCK 125 ac, 2 seasonal creeks, perm swimming hole, sml dam, lge fertile flats to undulating bounded by 450 m high range. \$70,000 neg. Ph: 079-502-293.

NATURE'S RETREAT for environmentally minded people. 3 b/r Qld house on 38 ha of semi r/forest, water no problem, chook run, vegie garden & 120 fruit trees, front & rear state forest, very secluded but close new road link Brisbane/Lake Wivenhoe. Ideal for organic growing, not suited for cattle or horses. Contact private owners & make an offer. W & H Borgis, 69 Simmons Rd, IPSWICH 4305.

BUNDABERG be self-sufficient in style. 33 coastal ac, spacious elegant Queenslander, 5 b/r, open verandahs, period charm. Fully fenced, 5 ac cleared, 28 ac natural bushland, well-drained level block, good soil, has never been under cane. Bore, dam, r/water tanks, 40 hp tractor & implements, shed, shack, chookhouse, lge workshop under house. 5 mins school, 5 mins beach, 20 mins BUNDABERG. \$135,000. Ph: 071-598-150.

GOLD MINING TOWN 2 b/r w/board. 3/4 ac. Air conditioned, screened, s/comb & elec stoves, town water, 7000 gal r/water storage, car shed, lge workshed, 40 tree orchard, lge vegie gardens. Private. Rates \$80/year. \$22,000. Ph: 079-937-167. Geoff Dew, CRACOW 4719.

SOUTH-EAST QLD 315 ac of virgin r/forest & fringe forest, mini waterfalls, rock pools, all spring water, 80 ac selectively cleared, 2 miles Killarney, fenced. Bellbirds, whipbirds, wild turkey. Rates \$185 year. \$87,000. Ph: 076-641-148 AH.

MURWILLUMBAI 1/4th share 300 ac hill property. 3 yr old. 1 b/r sml home, ck at door. Superb location, total privacy. 4 w/d access only. \$47,500. C/- Lot 2, Ageston Rd, ALBERTON 4207. Ph: 834-3200 ext 226 Mr Currie.

SOUTH AUSTRALIA

10 AC PENFIELD SA on outskirts of suburbs, only 1/2 hr from Adelaide GPO. 1/3 planted out to forest, lge veg garden, paddocks, 3 b/r, solar pwr, fibro house, gas fridge, lge shed. \$86,000 ONO. Must sell. Ph: 08-284-7577.

DEADLINES: GR 79 - APRIL 20TH
GR 80 - JUNE 20TH

GRASSIFIEDS

TASMANIA

MOORINA NE TAS 1 ac on Tasman Highway. Ph: 003-542-458.

HUON VALLEY 50 ac, 35 flat, timber house, perm stream, 30 mins commuting distance from Hobart. Very private, million dollar views of Huon & further, excel soil, nthly aspect. \$80,000. Ph: 002-921-663.

EXPERIENCE LIVING in a picturesque bush setting only mins from Launceston CBD. This 4 b/r brick home situated in West Launceston looks nth over the famous First Basin across the reserve through the beautiful native bush guaranteed free of development. This house nestled under gums also features blackwood lined study alcove off lge which opens out onto spacious outdoor entertainmt area. The low maint/house & leafy native grounds are ideal for busy working parents who want time to relax in the peaceful atmosphere. \$134,000 ONO. Ph: 003-311-436.

LORINNA nth Tas, 25 ac f/hold with 2 storey timber cottage, mtn & valley views, part cleared/part bush, perm stream, 10,000 gal tank, s/c stove & h/w, no power (due 1990), friendly alternative neighbours, local general store, school bus to Sheffield (see issue No 37 'Owners Own' mag for photo of house). \$49,500. Ph Geoff 003-635-136.

VICTORIA

BIODYNAMIC BLUEBERRY FARM, 2 1/2 ac, 4 & 5 yr old bushes, set in Ovens Valley, 56 km from Mt Buffalo (6 km from Myrtleford) 20 ac Ovens River frontage, 100 nashi pears & 50 almond trees, also fruit & nut orchard, 3 b/r, comfortable w/b home, 2 open fireplaces, comb/gas stoves, cool room & packing shed, estab market & excel door sales. Ph: 057-522-201.

DIMBOOLA SOLID BRICK residence 6 rooms, pressed metal ceilings, bay windows, leadlights, slate/pine b/room, native garden, orchard, veg garden, lge block, 3 mins walk to shops. \$89,000. Ph: 053-891-712.

WESTERN VIC 140 picturesque ac, 100 ac pasture, balance scrub, 4 paddocks, 3 dams, good fences/cattleyards, shed, 2 b/r cottage with phone, \$80,000. Ph: 055-833-267.

LATROBE VALLEY 30 ac Yinnar Sth, high country, big views, 2 dams, adjoining Nat Park. \$35,000. Ph: 051-447-462.

CASTERTON 143.5 ac unique hide-away, 8 km from Casterton on no through road. Perm creeks, superb housesites, power & phone nearby. 'Land for Wildlife' protection. \$75,000, offers consid. Ph: 055-812-112.

SEALAKE 3 b/r w/b house, lge rms, patterned ceilings, french doors in main b/r, concrete verandah. Elec HWS, gas cooking/heating, ph, town water, fruit trees, garden needs attention. Cnr block oppos rly stn, bowls, croquet, 2 mins shops, 10 min drive to lake. Urgent sale. \$38,000 ONO. Ph: 050-701-344.

BUSINESS FOR SALE

HEALTH FOOD SHOP mid nth coast, \$150,000 pa turnover, 5 1/2 days. Rent \$95 pw. Ph: 065-599-251, 065-597-006.

MIXED BUSINESS takeaway on NSW nth coast, f/hold or business only, great potential for couple. Ph: 066-556-543, after 8.30 pm.

HEALTHY BUSINESS a good opportunity for enthusiastic couple to invest under \$80,000 in a successful business providing healthy & alternative breads to health shops Australia wide through a distributor. Business & all equip can be relocated anywhere. Civilised hrs, v good income & potential. Ph: 066-841-099.

ACRES, HOME & MANUFACTURING business, we wish to retire & are selling our 3 b/r home on 2 ac (no neighbours) plus 4 ac 2 doors away & a well known brand name manufacturing business which provides an ample income. Easily operated by couple. We are self-suffic & produce our own fruit, milk, eggs & veg (organically). Will not separate. \$137,000. Ph: 069-431-559.

EXCHANGES

SALE OR SWAP 100 AC, 40 km east Glen Innes, perm crk, 20 x 30 ft shed 11 ft skillion both sides, wood stove, h/w, solar pwr, ph, school bus passes prop. Value \$62,000, for smaller ac similar setup close to small country town or village. Ph: 067-344-193.

MOTOR HOME SWAP for govt approv M/O or small property Bellingen/Thora area. 12 mths rego, 6 cyl Holden motor, 20 mpg loaded, 23 ft, toilet, gas HIW/shower/oven/fridge, 12V/240V, brand new interior, carpet, 4/way stereo, 4 berth, m/bike rack. Value \$30,000. Ph: Yani 043-695-858 BH only.

WANTED TO RENT

SMALL FAMILY with quiet dog, of GR nature, shifting to Geelong in May, need house to rent in this area. Long term. Ph: 066-513-478. 15 Diggers Bch Rd, COFFS HARBOUR 2450.

YOUNG MAN needs shelter/house to rent in SA, must have water for veg garden, not fussy about power or isolated areas. Wants to get back to basics. Ph: 08-388-6020.

FAMILY of 4 would like to rent a 2/3 b/r house with some garden in the country of Nth NSW. We are experienced with animals, especially horses, gardening etc! We are reliable, genuine people & are looking forward hearing from you. Caretaking is also welcome. Heike Killius, C/- PO, RIANA 7316. Ph: 004-376-176.

STUDIO WORKSHOP for lady artist with live-in premises or flat, pref in Vic/NSW, can you help? Ph: 052-315-288, between 4 pm & 9 pm or write Vanda Sloman, Hill Top View Motel, COLAC 3250.

COMMUNITIES

MID NTH COAST NSW 5 ac house site, plus 1/8 share in 360 ac M/O. Beautifully situated adjoining state forest & river. Estab house site has several huts, fenced garden area, 3 newly fenced goat paddocks, dam, creek, water tanks, & 7 1/2 x 9 m concrete slab. Power & phone at front gate. \$39,000. Ph: 065-585-546 or 587-500 or write B Zeier, Upper Bowman, GLOUCESTER 2422.

COMMUNITIES

MURWILLUMBAAH, 1/7 share of 300 ac property, sml hill retreat cottage, spotless, superb environment bordering Mt Warning Nat Park, perm creek, total privacy. Urgent sale, only \$45,000, 4WD access only. Ph: Currie 07-834-3200 ext: Pre delivery BH.

BELLINGEN NSW 1 share on approved M/O, about 2 ac, kiwi fruits, mix orchard, most under irrigation, shed, estab garden, fenced, good soil, perm creek, unlimited drinking water, ideal self-suffic. 2 b/r home, w/board, hws/solar, 240V, double carport, bathroom. Going overseas, must sell. PO Box 28, BELLINGEN 2454. Ph: 066-552-109.

FORMING ECOLOGICAL CHRISTIAN rural community SE NSW. Ph: 062-821-706.

1/4 SHARE 42 ha, river frontage, dam, creek, fully fenced, mixed orchard, sml dairy herd, communal w/shop. Interest: woodwork, lead-light, music, pottery, leather, solar energy & environmental conscious lifestyle. Price \$17,500, vendor finance avail. Pinpona Farm, Lot 2 Frickers Rd, NYMBOIDA 2460. Ph: 066-494-286, 066-494-204, 066-494-129.

BARKERS VALE NSW 1/4 share in 120 ac council approv M/O on foothills of Border Ranges Nat Park. Mountain views, frost free all weather access, bus route to town on main entrance, power on land. Share incl tractor & equipment, 20,000 gal domestic water tank & pump, 2 dams & springwater all year round, excel swimming holes 1 km away. 45 mins to Lismore & Murwillumbah, friendly motivated co-operative shareholders, \$22,000. Ph: Kay on 066-337-150 or Peter on 03-580-3396. BEAUTIFUL TWEED VALLEY on NSW slopes of Mt Warning. 1/4 share in 171 ac (43 ac), title tenants in common. Inspiring views from excavated house site, perm high pres/ water gravity fed, plus rain water, existing shed & 1/2 built workshop, perm ck & rainforest gullies. Suit sub tropical fruit permaculture, frost free, 4WD access in wet. Quiet friendly neighbours, lovely & remote. Nearest PO 8 miles, 1 hr to beach. PO Box 541, LISMORE 2480. Ph: 066-623-734, 066-214-020.

1/12 SHARE in beautiful 425 ha Thora Valley property almost surrounded by nt park. Lge perm unpolluted creek with cleared creek flats, steep forested slopes, escarpment views & gullies of subtropical rainforest. \$48,000. Ph: 066-558-587 or 066-558-636.

1/4 SHARE 104 ac 13 km from Nimbin, 3 ac fenced, with octagonal pole house 70% finished. Gravity fed dams, no power, septic, or gravel road. NE aspect, good views. \$25,000. Ring Jane 066-897-255.

BYRON BAY HINTERLAND new M/O on 40 ac, fertile soil, 2 creeks, rain forest, some cleared land, central for Byron, Lismore. Looking for 3 shareholders. Total of 5. Vegetarian, drug free, non-sectarian, \$35,000. Ph: Simon/Louise 066-841-099.

1/2s SHARE IN 960 AC with cottage, orchard, spring in secluded valley near Kyogle. \$28,000 ONO. Contact G Lynam, C/- PO, DUNNOON 2480.

GRASSIFIEDS

AVALON has shares avail for environmentally minded people. Surveyed home-sites, all-weather access roads, spring water connected. 360 forested ac incl 100 ac of common & perm winding creek. Secure company title. Price \$13,700 for 3-5 ac. Full details: Sophia Andrea, PO Box 136, NIMBIN 2480. Ph: 066-891-305.

BLACKWOOD FARM. We need another married couple for our 3 family Christian community in NE Tas. Opport for sharing in farming, building, arts & crafts & music making. We live on 92 ac on 3 separate titles & have house with land avail. Employment in area for building tradesman etc. Ian Summers, HERRICK 7264. Ph: 003-542-418.

PROPERTY WANTED

I HAVE A VISION – my goal for life. It's on a lake, minimum 3 km circumference, of blue water. Nestled in undulating bush on 50 ac close to a sml town and up to 1 1/2 hrs from a major centre. Added pluses are: adjacent to Nt Park, running creek, wildlife, warm climate, close to ocean etc, but not essential. Even if you aren't ready to sell, please contact me as I'm patient to see my vision develop. Ph: AH 053-342-581 or address to Craig Todd, PO Box 633, BALLARAT 3350.

BUSII AC, East Gippsland to \$30,000. Ph: Steve, 059-623-724, reverse charges.

HOUSE WANTED ON AC must be council approv on own title in NSW only. Loan approx. \$38,000 due midyear, prefer New England region not too far from schools etc. Reply Julie Phipps, 1/46 Stoddart St, ROSELANDS 2196. Ph: 02-750-8416.

AC 50 to 100 ac, perm creek, 10 ac croppable rest partly timbered, adjoining state forest/park, with/without house, preferably with older farmhouse. Prefer Bellingen, Coffs Harbour, Nimbin area especially Terania Creek. Write to Paul McDonald, Box 46, CHATSWORTH ISLAND 2460. Ph: 066-464-311.

NEEDED URGENTLY – sml farm with dwelling for young family. Rent with option to buy or vendors terms. Contact David & Lea Horder. Ph: 03-770-1186.

FOR RENT

PORT LINCOLN area (SA) 2 b/r timber house 10 ac. F/furn, all mod cons, windmill, large organic vegie garden. 1 km to village with school/oval/shop. Beautiful quiet coast (surf/fishing) close lge nat parks. \$60 pw. PO Box 1769, PORT LINCOLN 5606. Ph: 086-854-304.

DUNSBOROUGH WA rentfree old style beach cottage, April to Sept or longer in exchange for light duties. Write Westwood, 99 Gifford Rd, DUNSBOROUGH 6281.

BELLARINE PENINSULA beachside house 3 b/r avail on 3 ha, partly developed, suit family/others interested in organic farming, non-smokers. Write to PO Box 22, PT LONSDALE 3225.

DEADLINES: GR 79 – APRIL 20TH
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TO LEASE 25 MTN ACRES surrounded by thousands of ac of natural bush at Murphys Creek Queensland, shed, caravan, dams, cleared cabin sites, fruit trees, no power, 4WD only, no neighbours at all, ideal for community, \$25 week, annual payment. Contact N Bailey, MS 224, Penderest Rd, MURPHYS CREEK 4352.

RELIABLE PERSON to share unit in Queanbeyan. Quiet atmosphere would suit student. Room furnished if required. Ph: 062-976-338.

WANTED

POT BELLY STOVE. Small, around 2 ft high, 10 in diameter for 'Gypsy Pearl', 40 ft gaff ketch. Please write Paul Procter, HAMMILTON ISLAND 4803.

A COPY OF 'Small Scale Grain Raising' by Gene Logsdon. Write Greg Layman, 43 Macintosh St, MASCOT 2020.

NATIVE PLANT MATERIALS – Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices plus freight paid. Contact Peter Hunt, PO Box 53, NORTH-COTE 3070. Ph: 03-482-2677.

OPPORTUNITIES

'DOG HOUSE' available with 2 gas burners and sink. Minimal rent negotiable in exchange for practical assistance on 20 ac & maybe with small second-hand business currently operating 2 days p.w. Own transport desirable. Vegie garden for use if required. Non smoker, drinker, good with children & animals please. For more info ph 054-944-260 or write Chris, PO Box 24, INGLEWOOD 3517.

SELF CONTAINED ACCOMM in exchange for handyperson gardener, GR lover, small acre, Nowra. Ph: 044-230-274.

HANDS ON EXPERIENCE for interested people on self sufficient farmlet, animals incl goats, pigs, cattle, sheep, turkeys, chooks, own dam of rainbow trout. Free food & accomm on our little bit of paradise in beautiful NW Tas. 30 min from major cities yet secluded. Write or phone Alan & Iris Gent, Brays Rd, SHIEFFIELD 7306. Ph: 004-911-559.

TROPICAL PEACE. Caretakers wanted for bushland block 10 min from beaches. Some light duties in lieu of rent. Suit retired couple. Must have own van. Ph: 079-393-816.

FREE ACCOMM for 3 mths from 1 May with oppor for meditation or contemplation for 1-2 people caretaking cottage, dog, cat. Nth NSW, 20 min Grafton. Ph: 066-493-015.

POSITION AVAILABLE for stonemason or person/s with similar building experience for lge partly complete sandstone homestead on a cattle station in central Queensland beginning March '90 for 6 mths. Tools & equipment supplied. Cottage accomm avail. Please write to John Graham, Withersfield Station, WILLOWS 4702.

NEED EXTRA INCOME? Become more independent with additional income or full-time business. Send long SAE to Mrs A Peart (GR), 31 Marsh St, NARANGBA 4504.

GRASSIFIEDS

OPPORTUNITIES

COUPLE TO MIND 65 ac farm, Lismore district NSW for 1 mth from 20 April. Must be prepared to care for garden, chooks, pets plus 8 cows. Ph: 066-897-297. Judy Aitkens, 'Calurla', Lillian Rock Rd, LILLIAN ROCK 2480.

GARDEN AND ORCHARD

COMPANION PLANTING GUIDE. More than 100 vegetables, herbs, fruits, berries & nuts. This guide is gardenproof - water & dirt resistant. A quick, easy reference. \$4.00. Mail to Earthkeepers, Addison St, THIRLMERE 2572. Enquiries ph: 046-819-623.

TREE SEEDS for winter planting. Black walnut. Hardy southern European oaks: Algerian, Lusitanian, Turkish. Evergreen oaks: Cork, Holm. American oaks: Mesa, Blue, California Black, Red, Swamp White. Sunburst & honey locust, robinia, linden. \$2 pkt, discount on bulk order. P & H \$2 per order. H A Gravestein, C/- PO, WYNDHAM 2550.

FARMERS/landowners/treeplanters. Low cost seedling protection: lge range of biodegradable seedling protectors. Retail from under 10c each, up to 50% discount for commercial growers. Weed control: weedmats made from recycled paper products. Provides long term, non-maintenance weed control & helps retain soil mixture. Forestry sales & service: IRS provides a huge range of professional forestry equipment & also offers a complete farm planning and plantation service. For more information write or call International Reforestation, PO Box 67, BRUTHIEN 3885. Ph: 051-575-562.

GOURD SEEDS, books & gourd magazines, 2nd & 3rd editions are out now. Send \$3.50 per edition & you will receive the 1st edition & a seed catalogue free. Send today to The Gourdian, 187 George St, EAST MAITLAND 2323.

HONEY LOCUST SEED. Propagate your own. \$10 packet 60 seeds, postage & information incl. Yarralaw Shade and Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

SEEDS OF UNUSUAL USEFUL PLANTS. Open pollinated, easy grow, oriental asian vegies, sub tropical fruits, spices, fragrant, curiosities, spices, cottage garden flowers, 60 cents packet. Mail order only, no visitors please. For list send 2 stamps to L Blaney, Wallace Rd, BEACHMERE 4510.

SEED: FRUIT & NUT. Over 200 species. 125 personally collected. Also natives, gingers, bamboo, timber, etc, specialising in the hard-to-obtain. For list send SASE to Fruit Spirit Botanical Garden, DORROUGHBY 2480.

COMPANION PLANTING CHART Over 90 vegetables, herbs & fruits, incl plants as insect repellants. Mail order \$4.50 (postage incl). **SOW WHEN CHART** Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$5 (postage incl). Plum Products (G) RMB 2907, BRUTHIEN 3885.

**DEADLINES: GR 79 - APRIL 20TH
GR 80 - JUNE 20TH**

COMPREHENSIVE CATALOGUE, Australian native seeds 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

MISCELLANEOUS

INVERTER 24/240V 1200W \$650. Esse coke stove, 4 ovens, needs attention \$100. HWS for combustion stove with reducing valves \$80. Ph: 07-288-1554.

PROTECT YOUR SKIN with Forest Edge creams & salves. Also handmade soaps, many varieties, suit individuals & market stallholders. Discount prices bulk orders, send SAE for full products list, Forest Edge, C/- PO, BROOKEENA 4620.

RAMMED EARTH COTTAGES look just like sandstone, very strong, last forever. Build one with all the help, advice and equipment from one source. Powered rammer supplied with head fitted, not heavy. Fully detailed manual supplied with each rammer how to do it and what you require. Complete details of the Davrob proven framework system, lightweight, strong for walls, corners etc. All you need for any design of cottage. Send SAE for brief write up, David Robinson, PO Box 71, BLACKHEATH 2785. Ph: 047-877-432.

HOW TO MAKE NON-CORROSIVE roof paint or sharpening stones or crucibles from junk. Instructions \$1 each, M/O and SAE to 'Small Business', 9 Paloma St, SOUTH OAKLEIGH 3167.

COONON-GIBBER WOOD HEATERS. Will burn for days without going out. \$300 freight free to nearest rail freight depot. For more info send to D Simpson, C/- 14 Sixth Ave, CHELTENHAM 5014.

ALTERNATIVE PLANS incl wind generators, methane digesters, alcohol producers, solar stills, mini jeeps, cars, work vehicles, 5-10 hp Stirling engines and solar information. Send SAE: Alternative Plans, 23 Glenore St, MITCHELTON 4053.

FOR SALE. Complete 240V home power system, wind, solar, batteries etc, \$6000 ONO. For details, 003-736-162 (Tasmania).

SOLAR EQUIPMENT: Santech 2000W x 24V inverter. As new condition. Genuine reasons for sale. \$1750 ONO or consider swap combustion stove or other item. Write E Forrest, M/S 240, FERNVALE 4306.

PYRAMIDS, any material, style, size or made to your requirements. Send SAE for info. D Sweeny, M/S 428, GRANTHAM 4347.

FREE CATALOGUE, baroque & new age music, self-help, subliminals, audio & video. Whole Life Resources, Box 200-GR, PALMYRA 6157.

CHIP HEATERS. No electricity needed for instant hot water, operates from town or tank water supply. Enquiries 'Heaters', 358 Centenary St, ALBURY 2640. Ph: 060-215-469.

EARTHWORMS. The 'Speedy Breeder Compost Worm' revolutionises your compost & transforms your garden. Just \$12 per 1000 worms. Price incl p & p Aust wide & pamphlet on worm care. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633. **WATER PURIFICATION** is important for optimal health today. Buying a purifier one must consider price, effectiveness & quality. Reverse osmosis consistently produces a high standard of filtration at a small price. Several models available. Gillian Summerbell, PO Box 1519, HORNSBY 2077. Ph: 02-477-2838.

BLUE DAZZLER TORCH/SEARCHLIGHT. Powerful 30 watt beam & heavy duty battery rechargeable with ordinary 12V charger. Direct from factory price \$75 each. G B Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

AUTHORS WANTED. All types, fiction/non fiction. You don't have to be a latter day Shakespeare. We'll accept almost anything. We're not a 'vanity' publisher. Don't send manuscripts. Long SASE appreciated. New Rainbow Publications, PO Box 244, BROADMEADOW 2292.

AUSTRIAN LEAD CRYSTALS. The original rainbow generators. Finest quality crystals, 38 shapes, incl spheres, teardrops, pendulums, octagons, hearts & more. Hang in sunny windows for dancing spectrum rainbows. Send SAE for catalogue. W/sale enq welcome from shops & marketeers. Thora Trading, 'Patanga', Darkwood Rd, THORA 2454. Ph: 066-558-504.

SOLAR POWER. Complete range of solar modules, deep cycle batteries, inverters, 12/24V lighting, fridges, pumps. Systems designed for your indiv requirements. Also Gallagher elec fencing to suit cattle, sheep, goats, pigs, etc. Renewable Energy Developments (RENDEV), PO Box 296, CORRIMAL 2518. Ph: 042-710-401 or 042-848-100 AH.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: 'The Homebuilt Dynamo' (1987), 182 pp, 8 1/2" x 12" hardback. Generator design and construction with ceramic magnets. Complete plans, 268 photos, step-by-step construction details. Postpaid airmail \$85.00, brochure \$5.00 refundable. Todd-Forbes Publishing, PO Box 3919, AUCKLAND NZ.

THE CRYSTAL TOWER - natural crystals, meditation/relaxation tapes & CD's, books on alternative everything, self-development cassettes, many other items. Try our competitive prices. Send LARGE SASE for free catalogue (18 pp & growing). PO BOX 338, BOOVAL 4304.

FOOD AND KITCHEN

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

GRASSIFIEDS

HOLIDAYS

LOOKING FOR MORE MEANING in your life? Women are invited to stay at our rural property one week or longer June 11 - July 6. Opportunity for exploring meditation, crafts plus rest, refreshment. Food, accom. free. Write Sister Helen, Sisters of the Church (Anglican), Dondingalong, VIA KEMPSEY 2440. Ph: 065-669-244.

A TRANQUIL PLACE with no distracting noisy entertainment, for meditation, birds, wildlife, quiet conversation, walking. 1½ hrs from Brisbane. Accom & all vegetarian meals in our home or detached stone cottage. \$25 per day. Ph: 075-867-385.

FOREST - TASMANIA peaceful country home on 8 ac pasture and bush. Abundant native birds & animals. Magnificent beaches, bush walking, rain forest, fishing. Nat Parks & rugged West Coast. Historic Stanley 12 km. Bed and country breakfast \$55 two adults. Share host facilities. Dinner avail. Ph: 004-583-314.

BED AND BREAKFAST Goshen St, St Helens. Vegetarian food, smoke free environment, bush setting, walks, native animals, close to beaches and many other beautiful unaffected locations. \$20 pp. Share host facils. Dinner avail upon request. Bookings essential. Ph: 003-761-848.

LIVESTOCK

ANGORA RABBITS, inexpensive pets. Free sample fibre clippings available for spinners to choose the colour of the bunny. \$55. Ph: 062-540-171.

OVERSTOCKED: GR HOMES WANTED for coloured Merino X sheep. Pure breed Andia Angora goats. Price neg. Ph: Mary 068-474-418.

COLOURED ANGORA GOATS, ready to be registered. Full fleeced, 1 buck 19 months, 1 buck kid 5 months, 2 does 19 months. Ph: Kaye 058-871-111.

SILKWORM EGGS interesting pet, great school project. Approx 60 eggs and information sheet \$5. Info only \$2. Incl postage. Silkworms, PO Box 299, RUTHERGLEN 3685.

ANGORA RABBITS. Grow and spin Angora fibre yourself. 7 times warmer than wool, will shear up to 1½ kg per yr, coloured & white, English & German avail from \$100 each. Angora Rabbit Farm, 'Gamboola', YEOVAL 2868. Ph: 068-464-039.

SERVICES OFFERED

MUDBRICKS PRESSED on site anywhere Tassie. Use your own resources & labour, up to 200 bricks p/hour, 400 x 200 x 150 mm, 50c p/brick. More details? Ph: Pete 003-761-127.

SIXTY PLANS for low cost homes of mudbrick, stone & timber. Mail \$33, postage incl for 'The Earth Builders Construction Detail and Plan Catalogue', to John Barton, 31 Sharp St, NEWTOWN 3220. Ph: 052-224-249.

DESIGN, DRAFT & document your own home plan. Sample mudbrick, pise, stone & pole frame plans fully documented for \$75 (postage incl). John Barton, 31 Sharp St, NEWTOWN 3220. Ph: 052-224-249.

PUBLICATIONS

'NATURALLY DRIED FRUIT'. A book of ideas about natural sundrying of fruit using no chemicals. \$9 posted. Helen Poyntz, 'Fosnez', RMB 1182, WOORAGEE 3747.

STRETCH SEWING MANUAL by TAFE teacher. \$4 post paid. Jill Mitchell, 12 Mullacor St, FERNY GROVE 4055.

NEXUS NEW TIMES magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which will improve your mental and physical health and enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$12 per year. NEXUS New Times, PO Box A556, SYDNEY SOUTH 2000.

LEARN ALL ABOUT GOURDS in Australia's only Gourd Magazine. 1, 2, 3 editions are out now. Send \$3.50 per ed to The Gouradian, 187 George St, EAST MAITLAND 2323.

SELF SUFFICIENCY and recycling booklets - parts 1 and 2. \$4 each plus many other titles. Self published & reasonably priced. The Last Step, PO Box 110, EDWARDSTOWN 5039. BOOKS 'new and used', farm, needlework, plus numerous subjects. Send SAE with interests for list. Pamela Fenwick, PO Box 263, MAYFIELD 2304.

THE OWNER BUILDER MAGAZINE: Want to be a successful owner builder? The Owner Builder Magazine has plans, money saving ideas, advice on successful owner builders. The Owner Builder Magazine is available from newsagents or by subscription. \$19 for 6 issues or \$36 for 12 issues. PO Box 974, BENDIGO 3550.

AUSTRALASIAN HEALTH AND HEALING - Journal of Alternative Medicine, Australia's major health care quarterly emphasising self healing and prevention of illness through measures which raise body defences. Sold at most newsagents and health shops, \$4.95 & by subscription \$19.80 or \$26.30 with Health and Healing newsletter per 4 issues (1 year), \$38 or \$50 with Health and Healing newsletter per 8 issues (2 years). Write: Australasian Health and Healing, 29 Terrace St, KINGSCLIFF 2487.

UNICORN - Australia's leading New Age magazine. ET - is he really there? Cover story (teenagers and drugs etc); interview with John Farnham and Daniele; pesticides, latest research; expose on organic farming; shamanism; conflict resolution; environment; Greenhouse Effect; dolphin story. All this and much more. Unicorn Magazine, PO Box 125, NIMBIN 2480. Ph: 066-891-500 or on sale at your newsagent.

DEADLINES: GR 79 - APRIL 20TH
GR 80 - JUNE 20TH

AUSTRALASIAN SURVIVOR. The magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

BOOKS - horticulture, gardening, native plants. Mail order, large selection. Send for free catalogue, Goondooloo Book Service, PO Box 288, GATTON 4343. Ph: STD free 008-073-103 anytime.

TEXTILE FIBRE FORUM covers all the textile arts in the Australian region, and incl NZ. It is a high quality, 60 page, colour magazine. Subscribe for \$16/year for 3 issues to: AFTA, Sturt Crafts Centre, PO Box 192, MITTAGONG 2575. 2 year subscription is \$31. For a sample issue send \$5. Make cheques payable to AFTA. A truly exciting publication.

ORGANIC GROWING. Australia's national quarterly magazine for chemical-free farmers and gardeners. Practical 'how to' advice, plus news of the organic scene the world over. \$2.80 per issue from newsagents or \$10 pa by subscription (Aust); \$14 pa (O/seas). PO Box 228 ULVERSTONE 7315.

DONKEY SOCIETY OF AUSTRALIA, for information on magazine subscriptions, publications, books and the care of donkeys. Contact Donkey Society of Australia, PO Box 438, MORWELL 3840.

'LIVE OFF THE LAND in the City and Country' by Ragnar Benson. Not just another 'eat roots and berries' book. A gold mine of native American lore about curing hides, preserving meats and vegetables, foraging, and trapping the Indian way. 'Live Off the Land' also covers how to make your own cache tubes and which supplies to store away in them. Benson also gives hands-on advice about survival medicine, firearms, reloading, fuel storage, diesel generators, retreating, & raising livestock & vegetables & grains. Also provided are plans for building your own A-frame cabin. Hard cover 272 pp. \$40.95. Send SSAE for full catalogue. J W Survival Supplies Pty Ltd, PO Box 344, MULGRAVE NTH 3170. Ph: 03-560-9360.

'THE STOCK SADDLE', a how-to-do-it book on making, repairing & counterlining your stock saddle by Ron Edwards. \$15 posted from Night Owl Publishers, PO Box 242, EUROA 3666.

'THE POEMS OF A HAPPY BLOKE' - Bridh Hancock. Taking mere doggerel to heroic new heights and poetry to awesome new depths. \$7.95 plus postage from the author, GPO Box 2605W, MELBOURNE 3001.

'BEYOND THE BITUMEN' - a moving record of rural life through the eyes of isolated country women. A collection of poems and short prose pieces from the Graman Writers' Group. \$4.50 plus \$1.00 postage from Lois Reardon, 'Talasina', GRAMAN 2360.

CLUBS AND SOCIETIES

AUSTRALIAN HERB SOCIETY Members receive quarterly magazines, seed from Seed Bank free to members, access to tape lending library. Write: The Secretary, PO Box 110, MAPLETON 4560.

GRASSIFIEDS

CALENDAR EVENTS

GREENING AUSTRALIA Sowing the Seeds Conference, Adelaide Convention Centre, May 22-25. A conference to help Australians establish millions of trees to overcome land degradation. For more information contact The Secretariat, Greening Australia Sowing the Seeds Conference, PO Box 232, KENSINGTON PARK 5068. Ph: 08-311-875, fax: 08-332-8810.

COURSES

WICCAN HOME STUDIES. Correspondence courses, diploma and certifi, Psychic Healing, Aromatherapy, Psychic Self Development, Etiquette and Manners, Security/Home and Away Safety, Wicca. Predictive Psychic Readings on cassette. **FREE BROCHURE.** PO Box 80, LANE COVE 2066. Ph: 02-699-6166 BH.

WEEKEND WORKSHOPS in crafts, herbs, organic gardening, self-sufficiency skills. Send SAE for details to Burraburoo Herb Farm, RMB 4210, COALVILLE via MOE 3825. Ph: 051-681-234.

MUD BRICK AND DESIGN - Intensive weekend courses run by Brian Woodward, 150 km nth Sydney, \$110 incl meals. Send SAE to Earthways, WOLLOMBI 2325.

ORGANIC GARDENING COURSE - Learn about several styles of no-dig gardens, companion planting, intercropping, natural pest and weed control, compost making and recycling junk for the garden. Sundays: 6th, 20th, 27th May 2pm to 4pm. Inclusions: garden plans and charts, tour our gardens. Cost \$35. Send SAE for enrolment form to EARTHKEEPERS, Addison St, THIRLMERE 2572. Enquiries Ph: 046-819-623.

ORGANIC GARDENING COURSE on working organic farm. For information ring Pia (after 5 pm) Ph: 059-688-879 or Box 325, EMERALD 3782.

PERMACULTURE DESIGN COURSE for city gardens in Melbourne. The course will teach you how to create an attractive, healthy and productive food garden and save energy in your house by establishing a natural system that functions without the use of artificial chemicals. Place: Melbourne, Brunswick City Farm. Dates: 2 weekends, 10 am-5 pm, total 26 hours. Costs: \$180, conc \$130. Pro-Nature, 2 Saxon St, BRUNSWICK 3056. Ph: 03-387-7196.

PERMACULTURE DESIGN course 29 April - 12 May. Teacher: Lea Harrison. Intensive 12 day residential course, held on farm in Tweed Valley, NE NSW. Course incl lectures, slides, videos, outdoor observation & practice in designing. Limit 20 people. No prev experience necessary. Cost \$500 covers tuition, food & accomm. Further details: Lea Harrison, Stoddarts Rd, TYALGUM 2484. Ph: 066-793-242.

**DEADLINES: GR 79 - APRIL 20TH
GR 80 - JUNE 20TH**

HANDCRAFTS

'THE ART OF PRESSING FLOWERS SUCCESSFULLY IN AUSTRALIA' by Judith Bauer and Ted Devanny. New techniques for preparing and pressing common flowers, roses, orchids, bulb flowers, native plants, fruits, vegetables, succulents, fungi & seaweed. Projects given incl cards, bookmarks, stickers, candles, framed pictures & botanical specimens. These techniques are also suited to wool & bark pictures. Tremendous range of diagrams, colour plates; very comprehensive, clear instructions. Book \$25.00 post free. Professional Flower Press \$25 plus post (press weighs 5.25 kg). Pressed Flower Art, PO Box 301, NANANGO 4615.

POTPOURRI & SACHET SUPPLIES. The Australian company with a traditional flavour catering for all requirements, the beginner to the chain store. We select from worldwide sources to offer you the best at the lowest prices in Australia. Economy and traditional potpourris, flowers, fragrant oils plus a wide range of fragrant gifts, incl the most attractive, useful, fragrant pot in Australia. Write for FREE catalogue or visit our showroom. Potpourri & Sachet Supplies, PO Box 53G, NORTHICOTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

HANDSPUN PURE WOOL, suitable weaving & locker hooking to make rugs, wall hangings etc. \$18 kg. Will prepare your fleece if required. B Wallace, RMB 4328, Longwarry Rd, DROUIN 3818.

ESSENTIAL OILS, potpourri & natural products for aromatherapy & craft work. We are the manufacturers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range incl: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery, containers. Buy from us direct, small or bulk sizes & save with our low prices. Send stamp for free catalogue to Auroma, PO Box 187, RICHMOND 3121 or call in at our shop at 68 Burwood Rd, HAWTHORN 3122.

CERAMIC OCARINAS Beautiful handmade wind instruments for all ages. Seed pod shaped with lovely carved design. Comes with instructions and 15 tunes to play. \$14.95 each (incl p & p). Prompt delivery. Send chq or M/O to Folkcrafts, 96 Cox St, PORT FAIRY 3284.

CONTACTS

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them - unopened - to you. There is a nominal charge of \$2 for this service, so please add this to the amount when calculating the cost of your advertisement.

I AM AN INTELLIGENT, very feminine, pretty, blonde female Cancerian with an 11 yr old daughter, recently moved to Dandenongs, caring, sensitive, funny, looking for another lonely soul who hasn't yet met the right person to share a life of peace & paradise with. Masculine male, rugged, mountain loving, Victorian preferred, young in all ways, normal, not a desperado, not into religion or spiritual or weird attitudes to life. Between 30-40 yrs. No problems, hangups, totally honest, loves nature, environment, financially stable, looking for love & fun in mountain environment, into frosty autumns, skiing, action, swimming, music, giving, laughter in the rain, and 100% male. Write to Fiona Courtney, 1439 Mt Dandenong Tourist Rd, OLINDA 3788.

WARM, AFFECTIONATE, CHRISTIAN LADY, S Qld, seeks kind, caring man, mid to late 50's. Must be born again Christian, committed to personal & spiritual growth & wanting to share love & fellowship in marriage relationship. Write Grace, C/- PO Box 242, EUROA 3666.

SENSITIVE, INTELLIGENT, GENTLE, creative vegetarian Taurus/Gemini, 30's guy, commitment to humanity, mother earth, life's investigations, growth & change, openness, honesty; wishes to share life, its experiences, inner peace, spirituality, nature's soothing beauty, wordly caring, with feminine, life-loving independent natured lady. Any nationality, children & commitments OK. Please write: J Sutherland, C/- PO, SPRINGWOOD 2777.

MALE ART TEACHER 54 lives in Sydney, N/S, enjoys outdoors, bushwalking, painting, spiritually & environmentally aware in a quiet way, keeping fit, healthy. Looking for an alternative lifestyle outside the city limits. I am loving, honest, genuine, seeking permanent relationship with a lady of compatible nature without small dependent children, interested in art, galleries & travelling. Please write to Sam, PO Box 548, DRUMMOYNE 2047.

PETER, YOUNG SINGLE 29, 5 ft 10 in, solid build, non-smoker, interested in being happy, music, talking, the country, collecting, reading, seeks a woman to 32, even tempered, likes talking, open, broadminded, feminine, no party animal, prefers quiet lifestyle, happy, likes children, caring, affectionate, honest. Canberra country. Peter, 45 Bandjalong Cres, ARANDA 2614.

G'DAY I'M A 25 YO Tasmanian country gentleman. 5 ft 9 in, 78 kg, & physically fit. I enjoy pleasant conversation & much more too numerous to mention. I'm a quiet honest & proud person with a friendly personality. But I'm lonely & now searching for a sincere lady to share my life with. Please write to David, C/- PO Box 242, EUROA 3666. Interstate replies most welcome.

LADY ARTIST, 41 seeks artistic soulmate. Must be deep-thinking, practical, financial, yet spiritual, unreligious, somewhat unordinary. To create beautiful, natural environment. Write 'Little Wing', C/- PO Box 242, EUROA 3666.

GRASSIFIEDS

CONTACTS

GERMAN BORN LADY 53 working & living in Melbourne, n/s s/d, interested in art, music, reading, yoga, bushwalking, bicycling. Looking for similarly interested man. write to Ilse, C/- PO Box 242, EUROA 3666.

MIDDLE AGED MAN desperately seeking to correspond with an attractive woman, looking for friendship, possible longterm relationship. Are you interested in GR life-style on the land with a good looking, non-smoking, non-drinking, caring & capable man? Write to Paul, PO Box 2, RAPPVILLE 2470.

CESSNOCK AREA male, 37, fit healthy, seeks honest, caring female, 27-39, view to relationship. Interests incl reading, bushwalking, animals. Write Terry, PO Box 242, EUROA 3666.

APPRENTICE ECCENTRIC would like to meet a woman to explore this wonderful path of life. Today I am a 50 yo financially independent American, student of buddhist philosophy, convenient vegetarian with minimum possessions (one boat). If you appreciate and or share most of these values, have short nails, like dogs over cats, are affectionate & know how to say what you feel & would like to meet write Tim, C/- PO Box 242, EUROA 3666.

FEMALE 55 170 cm German, 28 yrs in Australia, Aries, single again, financially independent with love for the Australian bush, is looking for partner/friend for travelling around Australia incl 4WD country. Hilda, 7 Bellevue Ave, GEORGES HALL 2198.

LONELY MALE 32 likes plants, animals & nature. Enjoys fishing, gardening & strolling in the bush. I do smoke & enjoy a social drink. I seek a companion to enjoy life with & the occasional rage, sense of humour a must. Please write to: Mick Cross, Tomerong St, TOMERONG 2540.

HELLO EVERYBODY out there. I'm a petite single Aquarian lady (34) with no ties, living in Adelaide. (Ex Victorian). Would love to make contact with GR minded folk, residing preferably in SA. Enjoy blues music, crafts, animals, beards, motorcycles, smiling (does wonders - costs nothing!), organic gardening, travelling, basically anything earthy. (See Contacts GR 55). An honest, caring permanent relationship with a sincere male wouldn't go astray! Interested? Please contact: Cheryl Gósling, 17 William St, BEVERLEY 5009. Ph: 08-347-0927.

I AM A 38 yo man, professional musician seeking a mate. I love kids, sunrise, open honest communication, water, physical contact, permaculture type philosophy, music on the road & devotion to you. Prefer to establish base home in SW of WA. Write for photo. Gary Elt, C/- PO, BRIDGETOWN 6255.

ONCE IN A LIFETIME there comes a man, a man like no other, a man destined to save the world again. I am not that man. I am just a 33 yr old male interested in living in the bush hoping to meet a female to share life, the universe & everything. Write James, PO Box 922, SMITHFIELD 2164.

GREETINGS, my name's Angelina; I'm 18; & have always dreamt of living 'Grizzly Adams' style somewhere, somehow, someday. I possess a genuine, in-born passion and fascination of all nature - incl & partic: spiders, insects, snakes, other reptiles, birds of prey, large cats, wolves, whales, elephants, & many rare & endangered species. Consequently, most of my interests (photography, travel, animal-care & research, environmental issues, self-suff, camping, bushwalking, reading, writing etc.) revolve around this strong affiliation to the natural world (what's left of it). I long for the chance to experience the challenge of living & learning in close communion with nature & its creator & for friendship, would love to hear from any other like-minded people anywhere, male & female, with a similar, sincere desire. So, if you've felt or heard the 'call of the wild', regardless of ability, knowledge, experience, physical fitness, appearance, or anything else, & just want a penfriend to share your thoughts & ideas with, please write. I'll be waiting, hoping, praying to hear from you - soon. Angelina Gilbert, 2/11 Macanish St, ZILLMERE 4034.

CAPRICORN lady 40s, Sth Coast NSW. Slim well pres, fin sec, seeks gen alt lifestyle educ gent for a perm relationship. My int incl spinning, pottery, patchwork, herbs, vegies, animals, swimming, walking, classical music. Prefer n/smoker, light drinker. I am willing to relocate & share the hard work & ideas. 'Nonie', C/- PO Box 242, EUROA 3666.

MALE 22, 5 ft 10 in, slim manual worker in Sydney. I would like contact with females, country or city. I am quiet simple living, NS/ND, vegetarian, mediator, non religious, but spiritual. Interests: travel, spiritual/wholistic healing, nature. Please write to Richard, C/- PO Box 242, EUROA 3666.

LADY COMPANION 30-40 wanted to help run small alternative l/style resort near Mackay NQ, set in 80 ac of rainforest. For more information, Ph: Ian, 079-591-389 or write: PO Box 104, MARIAN 4753.

MALE 50, n/smoker, vegetarian, quiet type, down to earth, aware, caring, practical, secure. Enjoys seashore, mountains, running streams, nature. Seeks compatible female soulmate who would join with me in search of & contribute toward quiet country living in harmony with the environment. Write John, C/- PO Box 306, STH GRAFTON 2461.

ACTIVE SAILOR - Good bits: nonsmoker/drinker, vegetarian & occasional fish. About to buy small block Qld, near coast. Read S/F, Asian books & New Scientist, live on yacht Syd, love the sea, Thailand, Japan & joking. Am honourable & enjoy solving problems, safe scams, creative revenge, lateral thinking. Have built boats & houses. Bad bits are: I'm 55 & the first five movies was typecast as a dero. Politically stupid, ex art director 20 yrs ago, but poor now, ex artist also. Not motivated now but built yacht in record 16 weeks 2 yrs ago. Would love slim huggable lady, possibly Asian. Write Catmull, C/- PO, WAVERTON 2060.

MALE YOUNG fifties. Hobbies: fencing/coaching sport, music, painting & others. Academic loves nature, own house, car, 6 ft 13 stone, sporty looking. I miss sharing, I am romantic, enjoy being together in a restaurant or just at home & walk arms around each other. I have a lot to give. Love & happiness. My sense of humour is great, I am looking for a warm feminine slim lady preferably attractive/sexy, any nationality, child OK. If you like talks, are sincere, uncomplicated, honest & could love (again?) an interesting sensitive warm man & you are over 35 & want a lasting relationship/marriage, please write. Rolf, Lot 6, High Central Rd, MACLEAY ISLAND 4184.

GEMINI WOMAN 42 (looks & feels younger) recently relocated from Perth loves S/W. Seeking warm loving relationship, I'm honest, loyal, loving, intelligent, 5 ft 4 in, blonde, blue eyes. You should be tall sensitive man unafraid to feel & show emotions 35-45, moderate drinker/smoker. I'm also keen to contact anyone interested in attitudinal healing between Bunbury/Bridgetown. Diane, C/- PO Box 152, DONNYBROOK 6239.

SEEKING one special girl whose interests include regreening the planet, simplicity, peaceful organic lifestyle, Buddhist outlook, 20s-40s, to share & care with 5 ft 11 in efficiently packaged 38 yo male who has 'permaculture' farm. Prepared to relocate NE NSW to tropical Qld coast. Interested in exploring Aus & SE Asia. Ph: 018-754-679. James, PO Box 998, MURWILLUMBAH 2484.

TALL QUIET COUNTRY GUY 32 single openminded with many interests, confined to rural city centre by work, seeks honest understanding patient woman 30's for friendship penfriend and/or perm rel/ship. Write to John, 45A Margaret St, MT GAMBIER 5290.

AUST MALE 42, medium build, 6 ft, non/smoker, divorced, have 4WD camper, wanting to travel north either with female companion (share costs, experiences, sight-seeing, etc) or meet contacts along the way. Ian Ralph, PO Box 3760, PARRAMATTA 2124. Ph: 02-637-1222.

ARIES LADY 42 seeks Aries/Leo man 36-45 non/smoker social drinker. Must love animals & kids. Children okay. All letters answered. Reply Gabrielle, C/- PO Box 242, EUROA 3666.

WIDOWER 59 retired on super. Has permanent accom at NSW & Qld nudist clubs. Would like to hear from uninhibited outdoor ladies. John Street, C/- PO, WINDSOR 2756.

SHY SENSITIVE MAN, 36 n/s, no drug or religious hangups, 1.77 m tall, brown hair, blue eyes, who loves the bush & the beach, music, movies & a quiet life. Wishes to meet a sensuous woman of similar ideals for loving relationship. Geoff Whitehouse, Billen Cliffs, Larnook, via LISMORE 2480.

FEMALE 32 attractive, slim 5 ft 5 in, loves children, ocean, forest, bikes, seeking male, strong build, to share happy life together, on coast nth of Brisbane. Hoping to build on 5 ac near Imbil in future. Sue Rogers, C/- PO, CALOUNDRA 4551.

CONTACTS

MALE 37, widower with 3 children, I appreciate nature, beauty, anything old & nostalgic. I am a romantic & my dream is to share a GR lifestyle with a lady with similar ideals. Age 25-38 children not a problem. Peter, 7 John St, EAST DEVONPORT 7310.

OPPORTUNITY FOR GUY who's always wanted a block of land to settle down on to attain a certain degree of self sufficiency & would like to share this lifestyle with likeminded down to earth, good looking 35 y/o guy on small property in n th Tas. Graham, C/- PO Box 242, EUROA 3666.

LADY 34, 5 ft 7 in, nature lover, independent, unattached, travelled, educated, seeks same in attractive soulmate/travel companion up to 40 yrs with tolerance to understand a different female. Mari, C/- PO Box 242, EUROA 3666. DISCOVER YOURSELF, your abilities, potential, and receive insight & clarification to all levels of your life. Psychic, tarot, crystal, rune & numerology readings. Send \$30, DOB & full name to 'Gypsy', PO Box 124, WOOMBIE 4559.

HOW TO ADVERTISE

Write out your advertisement clearly on the form provided at the end of the Grassified section, or on a separate sheet of paper. Don't forget to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the advertised deadline and we'll include your advertisement in the next issue of Grass Roots.

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GRASSIFIEDS

CONTACTS

GIRL 26, committed Christian, attractive, fit, 5 ft 1 in, seeks attractive 25-32, Christian man for friendship/relationship. J, C/- PO Box 242, EUROA 3666.

BRIAN IS a very special person who is searching for a very different kind of lady, for an involving relationship. Hopefully you can relate to Taoism & Tantra love. Understanding each other's feelings & emotions through communication is important. My age is 45, 5 ft 4 in, 9 1/2 st, about average looks, n/s light drinker. I diet in moderation to suit my good body. My interests are the beach, bush walks, sailing my yacht. Enjoy our natural environment. Meditation, yoga, massage, reading, sensuous music & psychology. Also like to dine out & meet people. Inquiries welcome. Brian S, C/- Lewis Anchorage, 13 Mangrove Lane, TAREN POINT 2229.

GUY 49 YEARS, slim, 5 ft 10 in, ex chef, living on small acreage near Gympie Qld. I have a physical handicap with my legs, but am completely independent. I am looking for a female companion 40-55 yrs, interested in a shared, easy going farm life, nice natured, n/s, l/d, average build, who enjoys cards & board games, drives, animals, watching all sports. Please ph Bill: 071-851-741 between 6 & 9 pm.

SINGLE MALE 37 yrs old Cancerian, tall, slim, good looking, fit & healthy. Enjoys fishing, music, the outdoors life in general. Has been living a clean & wholesome country lifestyle, n/s & a social drinker. Very sensitive, caring, romantic, non religious guy. Would like to meet or correspond with lady with similar interests & qualities. 25-35 yo. Would prefer n/s. Please reply to: Brian M, C/- PO Box 242, EUROA 3666.

WANTED URGENTLY - lady companion, respectable singles and/or couples to help divorced man 61, restore organic nursery & turf share farm, 100 ac, group/lease/share or suggestions, city water, power & public transport. Ph: 049-585-718 or write: Smithy, Newcastle Airportland, Pacific Highway, HEX-IIAM 2322.

GUY 38 YO, wishes to meet lady 28-40. Have 500 ac Snowy Mtns area, right on Murrumbidgee River, very isolated, no power, 1 hr snowfields, 3 b/r house will be completed March/April. Am smoker & social drinker, not into religion or cities. Love travelling, looking for lady who wants similar lifestyle, go to town once a week. Write to: P Maher, C/- PO Box 1028, COOMA 2630.

MALE 33 YO, sensitive, new age philosopher. Have been through the grinding mill, suburbia, house, marriage, kids, & a dog. Have plans of living in a caravan & building a stone cottage. 'Aquarius'. Would like to hear from any ladies wishing to share my dream with me. I am not into politics, religion, or money. Please write to: Michael Mokryckys, C/- PO, GUILFORD 3451.

CHRISTIAN MALE early 30's loves horses, country living, keeps fit, healthy, good humour, seeks female, slim, attractive, but mainly sincere. Tony, Lot 4, Eastbank Rd, CORAMBA 2450.

SOUL CONNECTIONS, introductions, professional guidance. Details, send SAE to Soul Connections, PO Box 124, WOOMBIE 4559.

FREE ACCOM FOR SINGLE intelligent lady, fond of kids, exchange for light house-keeping for widower. Business exec with a yen to go mudbricking down the track. C/- 4 Nariah Crt, KARANA DOWNS 4036.

SINGLE LADY 37, looking for loving man to spend the rest of my life with. I am strong-minded, kind, sensitive & have a great sense of humour. I relate best to individualistic characters with charisma & big hearts. I usually speak my mind and as I grow older I find I am growing more comfortable with who I am. A nice feeling! I'd love to live on acres but alone would be no fun! I need a mate. Erica, PO Box 363, NAMBUCCA HDS 2448.

WANTED S/MALE PARTNER, interested in buying large mixed s/s farm, Sth Qld, 503 ac, perm water, tickfree, must have finance, I have mixed stock. N/s/boozier. If compatible perm relationship, to 49-56, any nationality. Myself late 40 Virgo, active, country person, loves bush, farm life, birds, animals etc. Many varied interests. Robyn, C/- 'Awarra', Oregon Rd, WIALDA 2402.

LATE GRASSIFIEDS

LADY 35, 2 boys seeks male, view companionship lifestyle happiness. Loves beach walking, log fires. I have long brown hair, slim, building own home on sml island close to Brisbane. Would consider alternate lifestyle later on. Male must have good sense of humour, like children. Open to age, nationality. Anne, PO Box 66, MARGATE 4019.

KINGS SEEDS - 60 new varieties. The new range of 460 seed varieties includes herbs, dried flower seeds, bee plant seeds, insect repellants, oriental and gourmet vegetable seeds. Send \$5.80 for our new glossy 1989-91 colour catalogue. Helpful hints on how to grow and use the plants are included or send SASE for a price list. 2 wall charts - \$4 each - culinary or remedial herbs and how to use them. P & H \$2 per order. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

Feedback Link-Up Feedback

Dear Megg and David,

What a great magazine. I can't wait till it comes each time. I like to hear about the fun and trials you have in your own farmyard. Mine is a bit like that. As well as dairy goats, horses, sheep and chihuahuas, I am breeding chooks. An old friend has passed on her show Andalusians to me and I think they are beautiful. I also have a crossbred in my yard which would have to be the most prolific layer here. They lay a small egg and go broody easily but are soon back on the lay. I wonder if a new breed can be registered.

I have one query please. How do you propagate seeds of the GOLDEN TECOMA or other seeds of this feather type?

Jacqu Sanderock
PO Box 116
MOONTA 5558.

Dear Grass Roots Readers,

We (two women and our 2 1/2 year old daughter) live in Cowaramup - 3 hours south of Perth. We rent a cottage and have goats and chooks and are right into alternative living, music, spinning, knitting, painting, gardening, fixing things, and enjoying life. Anybody hitching or passing through would be most WELCOME TO STAY over. We look forward to meeting any of you GR people. We love *Grass Roots* - only wish it would come out more often.

Majenta and Sam
C/- PO
COWARAMUP 6284.

Dear Kath and Megg,

Taking this opportunity to write to you to see if some of your readers can help me. I'm pushing 70 and am living in a caravan on my daughter's property near Mooball. She has 4 children and to them Grandad can fix or make anything, had to open my mouth and mention to them about a NOVELTY OUTDOOR DEVICE that my grandad used to make for us children way back in the 1920s. It was like this: a length of timber with a propellor on the front, a length of wire going from the prop through a few timber blocks on the timber with a bend in the back end like this

and a figure cut out of plywood attached to this bend by its arms. When the propellor moved this little man appeared to be cranking the propellor; there were two other versions, one an old car with the little man appearing to crank it, then there was the wishing well with the form of an old lady trying to raise the bucket out of the well. If anyone can help me please send to me a plan of how to do it. Looked really good mounted on a post in the yard and would keep us children amused for hours, especially on a windy day. The old eyes are not what they used to be, but can still see enough to work with planes and saws so would like to make some of these things whilst I still have time. A neighbour gets your magazine all the time and she lets me borrow them. Really good magazine, keep up the good work.

Vincent Veigel
Sleepy Hollow
Via MOOBALL 2483.

Feedback Link-Up Feedback

Dear GR,

Firstly, thanks for such a great mag and the opportunity to get quality information about many subjects we're 'into'.

We made half the break 2½ years ago when we moved to the Warburton Ranges area, but limited funds meant we had to stay 'fairly suburban' on an average sized house block – no room for the chooks or goats I long for, or even the dog (we had to agist her on 20 acres at Macclesfield 25 km away). However, the dream has always been there in the background, forced further back with each of the children's births – our families are all so nearby, and 3 children under 4 is hard work!

Finally though, we are really about to 'do it'. Following the death of our son in April '89 from SIDS at 10 months of age, and the inevitable emotional, spiritual and financial upheaval as a result, we've decided that what's left of our little family must forge ahead. We must make our own dreams come true! Life's too short to dally with excuses and you only get one go (that we know of).

Currently we're waiting for our house to sell before heading north. Initially we plan to base ourselves in the Nambour area while we look for both work and suitable properties to buy. At this stage we're open to any area BETWEEN MARYBOROUGH AND CALOUNDRA on the coast, and as far inland as Kingaroy or Murgon. We plan to be selective – this is our dream and we'd like to get it right! We have plans to grow organic vegetables and herbs, to be as self-sufficient as possible eventually. I also would like to look at producing organically grown herbs of medicinal quality as a way of earning an income. We know this will all take time and effort, but having been through such a major period of re-evaluation as we have this past year, we feel it is the only way to go. Having become an avid fan of *Grass Roots* relatively recently, I can only feel encouraged. There are lots of people who feel about our earth as we do! Please write and tell us about your area – land, employment, anything!

I'd like to make contact too, with other parents who have lost a child to SIDS, with the aim of providing mutual care and support –grieving is such a long slow process, constantly changing and always difficult to deal with. It helps to talk about it.

Also, to Liz Rosenberg (GR 77): try rubbing a few drops of lavender oil gently into the forehead (and also into the back of the neck) for relief of those HEADACHES. It does work! To Mary and also Graham (GR 77) re alternatives for controlling HSV 2 (HIERPES): my advice is to see a reputable natural therapist and enquire particularly about the use of the amino acid lysine. As a former employee in the homeopathic medicine supply industry I know of several formulations which seem to aid in treatment but as they are 'practitioner only' formulations you would need expert advice – worth a try, surely.

Lastly, if anybody has any information on STEINER SCHOOLS in the areas I have mentioned could they let us know. Currently, we attend Little Yarra Steiner School and would like to continue in the same vein in Queensland if possible.

Thanks again for such a great publication.

**Carole & Trevor Darling-Crane
& Jasmine and Vanessa
18 McKenzie-King Dve
MILLGROVE 3799.**

Dearest Friends,

Hi! Although this is the very first time that I have written to *Grass Roots*, I feel like I have met you all. My warmest greeting to all GR friends. I have just finished reading GR 74 and have much food for thought. Thanks Megg and team for your great effort in keeping us all in contact with each other. May the almighty give you all much fortune, my friends. Please do yourselves a favour and keep an open heart to the almighty and your neighbour. Your neighbour? That's the person who looks after your immediate needs (when down and needed) as they would have their own looked after. Therefore, most of the Feedback letters show this sense (wisdom) of duty and shared experience of 'neighbourly growth'. Please, just keep caring and being. If sorrow, sadness, or any negative thing should fall upon you, just remember, it's probably not the first time nor the last time that things like this will happen to you, me or all of us. You have company and comfort in this. 'You're not alone' and there is always a little more

sunshine as well to experience. I am not living in the country at present but I am hoping to get there in the future. This is when the GR ideas will be 'sowed' and hopefully blossom into a very special shared experience with you people, my friends. A request: Could one of you let me know how I could obtain some ALOE VERA PLANTS? As I have recently had a very nasty operation (from which I only just survived) and have a nasty scar, I would like to grow the plant and apply it to this area. Maybe, the scar will fade a bit. Please, if anybody feels like communicating with me directly, I would be honoured to be 'so lucky'. May you all take care and be happy, for you are all truly wonderful people.

**Robin
'Allen Apartments'
Flat 21, Collier Close
NEWCASTLE EAST 2300.**

Dear Friends,

My seven year old daughter has been diagnosed as a DIABETIC. I am a trained nurse and noticed Janey passing urine frequently so took a sample off to work and tested it – positive sugar. Within two days of confirmatory tests Janey was put on insulin twice a day plus a diet. I now have Janey on as much fruit and vegies (raw) as her diet will allow. Has anyone got any ideas or suggestions? I need your help and advice. Hoping to hear from you.

**Leisa Thornley
PO Box 67
DOVER 7117.**

Dear GR Readers,

I am evaluating the idea of establishing an ENVIRONMENTALLY CONSCIOUS COMMUNITY involving persons in the arts e.g. visual and performing arts, crafts, literature and music. After spending five years travelling and living in various areas throughout Australia in consideration of suitable sites, I have certain ideas but am open to suggestions. Without being too 'high hatted', it would be best if those involved had established a track record in the arts industry. I envisage an area under M/O or strata title with certain common areas. Persons would be needed to: develop their art discipline; manage the scheme; market the art work. Some common facilities would also be an advantage and could include a photographic darkroom, kilns, a recording studio, and library. Experience has shown that while one can 'get away from it all' to a certain extent, sound planning and management is needed and, unfortunately, as much as one might like, or try, it is extremely difficult without the 'mighty dollar'.

I am 43, married and have been a practising artist for 25 years. Your comments would be very welcome, and all replies will be answered. May the Lord keep you in His care.

**Michael Tracey
PO Box 146
KARRINYUP 6018.**

Giddyday All,

I enjoy reading everybody's tales and I get some great ideas from this magazine. We are living on our own utopia and, although it's a very different and challenging style of life, love it. At present we are in a bit of a pickle, yes faced with a few of life's challenges, and I'm hoping that some of you may already have encountered and found solutions to these little obstacles.

The first and most basic of life's necessities, water, is what he and I need. We have a permanent creek and also the possibility of a well at hand, but we are unsure of the best (economically and ecologically) method to GET THE WATER TO US. We are situated on top of a hill. The distance from the creek to our humble shack is about 300 feet. The elevation is about 150 feet. If anybody has any ideas to offer, Don and I would greatly appreciate them.

The other challenge with us is deciding on a waste system. Are there many effective, low maintenance, clean ALTERNATIVES TO THE popular SEPTIC SYSTEM? Any ideas again would be appreciated and carefully mulled over by the fire with a billy of tea. Thank you and much love, laughter and health to all.

**Nikki Smith
MS 529, Rise and Shine Rd
WAGOORA VIA CALEN 4798.**

Feedback Link-Up Feedback

Dear Megg and Kath,

This letter comes in response to the article by Barry Newton on SUNRISE FARM COMMUNITY in GR 77. Barry left out some information on Sunrise Farm which is very important for any people thinking of becoming shareholders or even thinking of just coming to live on the farm.

Sunrise Farm no longer makes decisions by consensus but by a majority vote. This has led to the development of factions among members and tended to exacerbate disputes on a personal level. As a result, several families have left Sunrise and bought properties elsewhere. There have also been attempts to compulsorily acquire the shares of members no longer living on Sunrise Farm in order to reduce the number of voting shares in the opposing faction. Friendships have been destroyed, families divided and non-shareholders forced to leave rented homes. This has also had its effects on the whole W-Tree community, as people living on Sunrise have sought support from others off the farm. For example, the W-Tree Food Co-operative, which is based on Sunrise Farm but which almost everyone living at W-Tree has also joined, virtually collapsed for lack of support 6 months ago.

I am not wishing to glory in these problems, I wish they would end. Unfortunately some of the animosities are quite deep-seated and it will take a good deal of reconciliation to defuse them. I think this process could begin if Sunrise Farm reverted to a consensus style of decision making at its meetings. In the meantime, intending visitors or prospective members of Sunrise Farm please be aware that politics exists even in a small community and that this can hurt.

Friendship to all.

A W-Tree Wombat.

Dear Megg and Kath,

I am a student of horticulture at the University of Western Sydney-Hawkesbury. Currently I am compiling a DIRECTORY OF THE HERBAL INDUSTRY including cottage garden plants, perennials, other useful plants, as well as herbaceous culinary, medicinal and fragrant plants. The directory contains the following classifications: retail nurseries, wholesale nurseries, herb farms, societies and libraries, importers and exporters, other herb suppliers, herbalists/naturopaths, herb courses and schools.

In compiling this directory I have realised three vital points. Firstly there are many herb nurseries, especially in rural areas, which do not advertise and are frequently passed by. The inclusion of such enterprises in this directory would provide an avenue of access for like-minded people. I note here that most small herb nurseries are operated by enthusiasts who enjoy the lifestyle aspects. Contact with other enthusiasts is important to this lifestyle. Secondly, most herbal directories, or directories per se, are outdated as soon as they are published. The ideal format would be able to be updated quickly and economically. For this reason I intend to release the directory on floppy disc. Thirdly, and most importantly to *Grass Roots* readers, is the availability of the directory. I began compiling data for my own use, centring it in NSW and ACT. However demand from organisations, particularly herb societies, encouraged me to make it more widely accessible. I will release the herb directory at a nominal fee when I am satisfied with its comprehensiveness. I ask readers and especially those in the herbal industry to give feedback, contacts, criticism and comments on my ideas. I will respond to all correspondence. All the best.

**Ian Lett
304 Lt Bowen Dr
BOWEN MTN 2753.**

Dear Sir/Madam,

As I am very interested in the GREENHOUSE EFFECT, I would like to know if there are any GR people who can send me some information about it and how we can stop it and make a safe world. As I'm only 12 years old I would like to live the next seventy years in an unpolluted world and also my children.

**Amy Porter
1 Damman's Rd
WARBURTON 3799.**

Dear Grass Roots,

I want to tell you about my experience with donkeys. When we bought our new property, we found we had also bought a donkey family – father, mother, daughter – and problems. At first we were thrilled – we had not thought of owning donkeys and knew nothing about them – and the foal in particular was a delightful cuddly creature. But as she grew up we found that her father was taking more than a passing interest in her and mother was obviously in foal again. A population explosion was threatening us. The father – we call him Jack – was very protective of his family and at times we were concerned for our three year old. A friend told us about the DONKEY SOCIETY and we contacted them. Their help and advice was cheerfully and freely given. They advised us to have Jack gelded, demonstrated how to trim their hooves and advised us about feeding. We were stuffing our overweight donkeys with the wrong food in our efforts to be kind to them! The Society helped us to handle them too. Thanks to the Donkey Society we are now in control not only of the number of donkeys we own, but also the donkeys themselves.

**Fiona Mansell
PO Box 1131
NAMBOUR 4560.**

For information on care of donkeys, magazine subscription, books and other publications, contact the Donkey Society of Australia, PO Box 438, MORWELL 3840.

Dear Grass Roots,

I am a New Zealand girl travelling around NZ working and with the money I make I am planning to COME OVER TO AUSTRALIA next year to do the same. I would love to hear from anyone who may need help for a while – I have had experience in everything from horse-breaking to kitchen handing, we lived on a farm for several years, I've picked fruit, worked on an animal reserve, restored an old house, looked after kids and I bake a mean loaf of bread! It would be wonderful just to have contact with some other readers (maybe for visits) who believe in and enjoy the same things as me: meeting people, travelling, music, smiles, looking after the earth, Greenpeace, human and animal rights, and who aren't afraid to stand up for what they believe in. Any help, ideas or friendly letters would be great, I can't wait to come and explore your country!

One last thing: does anyone know if the organisation WWOOF (Willing Workers On Organic Farms) exists in Australia? I've heard rumours and would like to confirm them. Thank you Megg for this more than wonderful magazine and all the work put into it. Look forward to hearing from anyone, keep smiling.

**Lamea Brittenden
C/- 30 Reserve Tce
Lyttelton
CHRISTCHURCH NZ.**

WWOOF can be contacted through Lionel Pollard, Mt Murrindal Reserve, W Tree via Buchan 3885.

Dear Grass Roots,

By the time you receive this I'll be married and living on a sheep and cattle station on the East Cape of NZ's North Island. My 'townie' friends were horrified to hear of my impending life in 'isolation', almost two hours from the nearest large town! But after recently travelling around Australia I can appreciate that we're quite civilised in comparison to the outback stations of the central areas of that amazing country.

After giving up full-time teaching I look forward to settling down and enjoying this wonderful place. From our verandah we see Mt Hikurangi – the first place in the world to see the rising sun each day. It's presently capped in snow – so majestic on a clear day. The elements change quickly here: sun, rain, snow and wind, wind, wind! Don't know how my garden is going to cope with that. Would love to hear from other 'isolated' folk who only see town once in a blue moon. Also some recipes would be appreciated – ways to use up eggs when the chooks are laying prolifically. Thanks for the great mag.

**Sharron Sinton
Tamatea Station
RD1 Tolaga Bay
Via GISBORNE NZ.**

Feedback Link-Up Feedback

Dear Grass Rooters,

My husband Michael and I have finally found and are living on our own plot. There seems so much to do, but still have found time to read your great mag.

In GR 74, Cheryl's query about KIKUYU GRASS and how to get rid of it: start digging it up, roots and all. It's worse than wandering jew and if you intend to keep your lawn kikuyu and your neighbours have it, it's a never ending story of pulling it up. Another solution would be to have a concrete border around your vegie patch, unfortunately kikuyu has tendrils that will go over as well as underground.

To Michelle and Michael: this guy you have heard about in WA is all a con. He calls himself a king but it is really only a tourist gimmick type thing and he still has to pay taxes. Don't believe it, unfortunately there is no escape from the government's rules and regulations. If there was don't you think there would be kings and queens all over the place?

Does anyone know the procedure to make oil out of sunflower seeds? I'm about to plant some and, apart from feeding the local bird population and having some flowers in the vegie garden, I wouldn't have a clue what to do with them.

**Roz Berkhout
'Nunook'**

**Lot 2 Nth Deep Creek Rd
Nth Deep Creek
Via GYMPIE 4570.**

Dear GR Friends,

This year my fiancé and I will be TRAVELLING AROUND AUSTRALIA by car. We are very interested in living alternatively, away from the materialism and unhappiness of mainstream society. We have just done our last year of high school and can't wait to get away from the constant pressures. We'd love to visit as many interesting people and places as possible and would really appreciate hospitality in exchange for us helping you with work around your place. We hope to pick up a few jobs on our way around, such as fruitpicking and whatever else turns up. Eventually we want to live on some land in the country, with flowers, trees, animals, children, music (all the good things of life) and our interests are all orientated towards the pursuit of this lifestyle. We are into living cheaply, making bread and yoghurt, growing herbs, reading, good conversation, listening to music and, on a more global scale, conservation and protection of the environment. We are vegetarian and don't drink, smoke or take drugs. We really would love to see people who are living out their dreams, so if you'd like to have us visit you please write! Peace, love and happiness to all.

**Lindy & Andrew Lovechild
C/- PO
MAPLETON 4560.**

Dear Grass Roots Readers,

My two beautiful school age children attend a wonderful small rural primary school. I have no desire whatsoever to send them to the local high school when they finish 6th grade, but we do not live far enough away from the high school to qualify for correspondence courses. I feel confident to teach them myself, in conjunction with other friends who feel the same way. I am very eager to hear from other families in NSW who are teaching their children at home and learn how they get around the law which makes HOME SCHOOLING in NSW illegal. Hoping someone will be able to help. I would certainly be most thankful and indeed indebted. Keep up the great work on a great magazine.

**P Anderson
PO Box 369
MURWILLUMBAH 2484.**

Dear GR,

As a GR person I have always had a need to see the world as one self-sufficient lifestyle. Now the need is real as we are all aware of the destruction the consumer lifestyle has created. As a child I awaited nuclear destruction, only to find the bomb has dropped not the mushroom cloud but a slow degradation of the whole planet. I have found no comfort in worrying about the end, instead I have taken the

approach of trying to clean up my act. We know the problems are global. We as individuals can all join in one voice to prompt the governments to save our world.

I have just joined the 'ONE WORLD CAMPAIGN'. This is aimed to encourage people to aid the whole world, particularly through government spending. One problem which affects the whole world is the greenhouse effect. We are all responsible for this as consumers. Being consumers we have caused the third world countries to accelerate the deforestation of their lands by desperately trying to pay back interest on loans from wealthier countries. This problem of the poor is ours also as we only have one world.

We are the lucky country and should encourage the government to aid third world countries to become self-sufficient. Our wealthy government could channel spending from their military budget into overseas aid, environment issues and technology. With funds spent on research and subsidies paid for environmentally safe energy means, many problems could be solved, but it is our voices that need to be heard by our government. Join with me and become a 'one world campaigner' - it is free and you could help save the world. Send to One World Campaign, ACFOA, GPO Box 1562, Canberra 2601. Request to join the campaign and they will send you their kit. Peace and harmony be with you all.

**Elizabeth Woodward
360 Aldersyde Rd
BICKLEY 6076.**

Dear Readers,

Firstly may I reiterate what most of your other casual contributors say, namely that I am delighted to have discovered and to be able to reap enjoyment and information from your admirable magazine. We are a family of 4 allergy syndrome sufferers in constant search of additive-free, convenient foods and drinks which may help us quell our asthma, sinusitis, etc.

In New Zealand (Nth Is) I used to grow a shrub called PINEAPPLE SAGE. It is a beautiful, fragrant herb, greatly resembling its cousin sage but growing to a height of 2 metres and twice a year producing pretty spikes of red flowers. If I share my recipe for pineapple sage cordial, perhaps some kind soul would be able to tell me where to get a few seeds of the herb. Here goes. Gather 30 freshly picked leaves of pineapple sage and chop roughly. Into a big pot put leaves, 3 lt of water, juice of 3 citrus (any 3), 3 huge tbsp of natural honey and a big handful of pineapple sage flowers, if available. Bring to boil, let simmer for a couple of minutes, then turn off heat and leave to steep until cooled. Strain, transfer to jugs and chill well.

God bless you all.

**Nikki Hamilton
124 Neptune St
MARYBOROUGH 4650.**

Dear GRs,

Looking back through old *Grass Roots* there do not seem to be many GRs out our way, at Coolabunia BETWEEN KINGAROY AND NANANGO. We've just moved here from Cordalba where we had a house on half an acre, but it wasn't what we really wanted. We had only been there for 8 months. We came up from the Central Coast NSW and bought it thinking it was good enough, but we soon realised we just seemed to move from a squashed suburb to a more spread out one, still had all the nosy neighbours that didn't like one thing or another. We did meet some very nice people too.

We are quite sure we have now found what we've been waiting for and dreaming of. We have our own 8 acres with a dam and fully fenced, with a lovely 2 bedroom home on it. It needs work, but what home doesn't? Our children love it too - they have a cubby up the back, can ride their bikes all over the place and want a donkey or pony in the future. And all our animals love it, room to run round and climb trees and swim. We've got 4 dogs, 4 cats, 6 chooks, 2 ducks and 1 goat who is pregnant. Anyway, if there are any GRs around here we would like to hear from you, and hello to Barrie Smith, Anjie and family. Take care.

**Maria James & family
PO Box 567
KINGAROY 4610.**

gumnut gossip

by Megg Miller

Deadline time already? The doubting Thomasinas I work with here could hardly believe the production rush was upon us again and only the sudden influx of Grassifieds convinced them otherwise. If the rest of 1990 passes as quickly as these few weeks then it is going to be a very short year. We're not sure if the weeks have sped by because we were that little bit later in going to press in January, but reasons aside, there have not been enough hours in the day nor days in the week to fit everything in. Our good intentions really haven't had a chance to be realised but we're forever optimistic and I dare say that once daylight saving finishes – we blame all problems on it – life will settle back into a quieter more humdrum existence.

I've often mentioned that when the pressure is on here we're all inclined to become caught up in the tense atmosphere and anything is likely to happen. Fortunately no-one gets too snappy but at times the humour becomes a trifle warped and all sorts of practical jokes occur. We were pushing ourselves last week and when the opportunity arose for a wicked joke we just couldn't resist. It started in the morning when Kath, Celia and Chris arrived. 'Your dead chook hasn't arisen yet.' 'Dead chook?' I said aghast, and rushed out to examine it. Chookie was prostrate where the staff cars park and must have been run over accidentally. 'Wasn't us,' the trio chorused when I returned, 'It must have been Gail.'

Poor Gail, she has put up with untold ribbing on our part because one day last year when she left to go home she noticed a dead guinea on the road. Worried we'd think she'd hit it, she rang later to explain. 'Sure, Gail!' we all said and jokingly blamed her for any dead birds from then on. Since she hadn't worked the previous day, Chookie's demise couldn't be attributed to her but we decided we would have a little fun anyway. It may have been rather infantile but it was the blow off we needed at the time. Carefully, we placed the chook under the front driver's wheel, dragging it along the dust to simulate authenticity. Home time, Gail rushed out, hopped in the car and reversed quickly. We were stunned – she obviously hadn't even noticed it. Then the car stopped, and the office door was flung open. One look at Chris's face and Gail knew she'd been set up but we had sucked her in for a few minutes and her outrage was very funny. She has promised retaliation, and with three sons to help her, it is sure to be memorable. However, there was a twist in the story to come. When Kerry was in a few days later we regaled her with our comedy. She looked surprised and said 'Oh, I think I ran over that'. The next dead chook we have we're going to tie on the front of her van like a masthead!

Jokes aside, we have been working hard and there is one special item of news we're pleased about. You may well recall that in issue no. 73 we mentioned in good faith a rechargeable solar lantern. Later it was brought to our attention that readers had placed orders with the business and that it had disappeared. Kath took this up with Consumer Affairs and as a result of her perseverance it was investigated and we received notification today that all undeliverable orders will be refunded. It is pleasing to know that by going through the proper channels situations like this can be sorted out successfully.

We receive complaints from time to time and treat them all very seriously. If it is a lack of service we've provided we try and ensure the problem doesn't occur again, but if it relates to the content matter of GR it is a little more difficult to solve. We have received several letters this year which have caused us some

concern. The first related to a Feedback letter we printed in February 1989. In it a reader wrote of the horrendous stress from discrimination and harassment she had encountered in moving back to the land. She also described a confrontation with the shire council and comments the former shire president allegedly made. The council was Kyogle and the former president David Lovell felt unfairly misrepresented. We apologise for any embarrassment or inconvenience these comments have caused and urge readers to be a little more cautious with their allegations in future.

Another letter arrived ominously signed with a pseudonym. Its author felt that the introduction to Iriss Quigley's article in No. 77 was typical of those 'written by the feminist, manhating, hairy armpitted brigade now often called the new woman, and did nothing to make the article any better.' Hmm... We chose the article because it was a fascinating story of a very courageous woman and because it presented the indomitable spirit many older people have but which is rarely acknowledged in mainstream publications. As well, anyone who has lived on a farm and been temporarily in sole charge will have experienced at one time or other a run of mishaps reminiscent of those Iriss encountered. Whether the story was written by a man or woman is immaterial as the problems which arise can challenge both sexes, it just happened that in this case the article was written by a woman and the introduction likewise. I'm sorry if the latter was offensive to some readers, it was certainly not meant to be. And as for my anonymous letter writer, lacking the courage to stand up and be counted by signing your letter is indeed wimpish behaviour.

To finish off this time I'm going to reprint a little note which came in recently and summed up beautifully the GR spirit.

"Well we have 'made it'. I am not going to repeat our story, as all you have to do is read all the others and that is ours. However, what I would like to say is – since a few months ago when I found a small selection of *Grass Roots* in a nearby library (and have sent my husband and family quietly beserk with lots of uncontrollable laughter and 'read this' and 'listen to this') I have quite often found myself sitting down in the middle of a crisis and thinking – it is not just us this happens to. And it helps – it really does. It makes life so much easier to bear.

A few days ago I went down to my vegie garden to work and water only to find the pipe had come off the joiner and all our precious waste water had disappeared down the hill to water the 'Paterson's Curse' or 'Salvation Jane' as I think South Aussies call it. This was a major catastrophe as we are down to our last 500 gallons of rain water and therefore I couldn't use this. There I was sitting out in the middle of nowhere nearly in tears and wondering how we were going to survive if the garden died when suddenly letters written to your magazine came to mind. Those articles and letters have been a real sanity saver.

Many thanks to all of you and please, please keep up the good work. You all have saved us a fortune, helped with problems and reading the magazine is like reading our story in print. Lots of laughs and heartfelt sympathy is heard and given quietly here in this household. Yours sincerely, Kathryn Pianto."

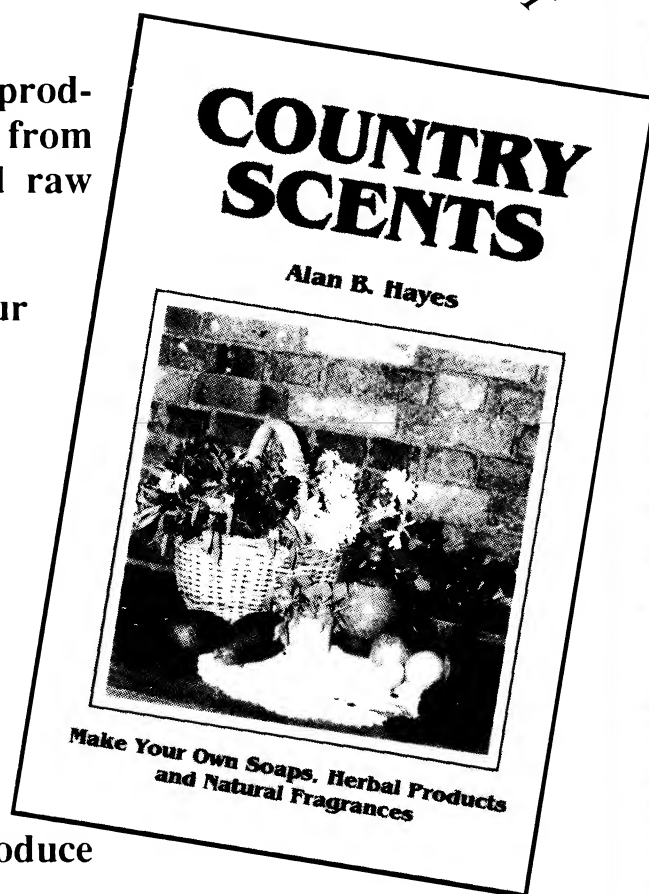
Kathryn's appreciation and plea to continue the good work are not just directed at us, they are for all of you who generously contribute to GR. Thank you for taking the time to share your experience with us. *'The highest reward for a person's toil is not what they get for it, but what they become by it'.*

COUNTRY SCENTS

Alan B. Hayes

ENVIRONMENTALLY
APPROPRIATE
MOTHER'S DAY GIFT

- Make your own herbal beauty products, teas, soaps and fragrances – from chemically free, ecologically sound raw materials.
- Dry and process herbs from your own garden.
- Construct your own sturdy drying cabinet or cupboard.
- Use herbs from your garden to make health giving tinctures.
- Construct a solar still and distill your own essential oils.
- Make a simple press and produce herbal oils.
- Plus a concise herbal with description and suggested uses for each herb and a list of herbal product suppliers.



Country Scents is based upon herbal lore through the ages – delightful to read, practise, and use.

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